



## CORE MEANINGS OF THE STRENGTHENING FAMILIES PROTECTIVE FACTORS

Protective Factor	Core Meaning
<p><b>Parental Resilience:</b> Managing stress and functioning well when faced with challenges, adversity and trauma</p>	<p><u>Resilience Related to General Life Stressors</u></p> <ol style="list-style-type: none"> <li>a. managing the stressors of daily life</li> <li>b. calling forth the inner strength to proactively meet personal challenges, manage adversities and heal the effects of one's own traumas</li> <li>c. having self-confidence</li> <li>d. believing that one can make and achieve goals</li> <li>e. having faith; feeling hopeful</li> <li>f. solving general life problems</li> <li>g. having a positive attitude about life in general</li> <li>h. managing anger, anxiety, sadness, feelings of loneliness and other negative feelings</li> <li>i. seeking help for self when needed</li> </ol> <p><u>Resilience Related to Parenting Stressors</u></p> <ol style="list-style-type: none"> <li>a. calling forth the inner strength to proactively meet challenges related to one's child</li> <li>b. not allowing stressors to keep one from providing nurturing attention to one's child</li> <li>c. solving parenting problems</li> <li>d. having a positive attitude about one's parenting role and responsibilities</li> <li>e. seeking help for one's child when needed</li> </ol>
<p><b>Social Connections:</b> Having a sense of connectedness with constructive, supportive people and institutions</p>	<ol style="list-style-type: none"> <li>a. Building trusting relationships; feeling respected and appreciated</li> <li>b. Having friends, family members, neighbors and others who: <ul style="list-style-type: none"> <li>• provide emotional support (e.g., affirming parenting skills)</li> <li>• provide instrumental support/concrete assistance (e.g., providing transportation)</li> <li>• provide informational support/serve as a resource for parenting information</li> <li>• provide spiritual support (e.g., providing hope and encouragement)</li> <li>• provide an opportunity to engage with others in a positive manner</li> <li>• help solve problems</li> <li>• help buffer parents from stressors</li> <li>• reduce feelings of isolation</li> <li>• promote meaningful interactions in a context of mutual trust and respect</li> </ul> </li> <li>c. Having a sense of connectedness that enables parents to feel secure, confident and empowered to "give back" to others</li> </ol>



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<p><b>Knowledge of Parenting and Child Development:</b> Understanding parenting best practices and developmentally appropriate child skills and behaviors</p>	<p>Seeking, acquiring and using accurate and age/stage-related information about:</p> <ol style="list-style-type: none"> <li>parental behaviors that lead to early secure attachments</li> <li>the importance of                             <ul style="list-style-type: none"> <li>• being attuned and emotionally available to one's child</li> <li>• being nurturing, responsive and reliable</li> <li>• regular, predictable and consistent routines</li> <li>• interactive language experiences</li> <li>• providing a physically and emotionally safe environment for one's child</li> <li>• providing opportunities for one's child to explore and to learn by doing</li> </ul> </li> <li>appropriate developmental expectations</li> <li>positive discipline techniques</li> <li>recognizing and attending to the special needs of a child</li> </ol>
<p><b>Concrete Support in Times of Need:</b> Identifying, accessing and receiving needed adult, child and family services</p>	<ol style="list-style-type: none"> <li>being resourceful</li> <li>being able to identify, find and receive the basic necessities everyone deserves in order to grow (e.g., healthy food, a safe environment), as well as specialized medical, mental health, social, educational or legal services</li> <li>understanding one's rights in accessing eligible services</li> <li>gaining knowledge of relevant services</li> <li>navigating through service systems</li> <li>seeking help when needed</li> <li>having financial security to cover basic needs and unexpected costs</li> </ol>
<p><b>Social and Emotional Competence of Children:</b> Forming secure adult and peer relationships; experiencing, regulating and expressing emotions</p>	<p><u>Regarding the parent:</u></p> <ol style="list-style-type: none"> <li>having a positive parental mood</li> <li>having positive perceptions of and responsiveness to one's child</li> <li>responding warmly and consistently to a child's needs</li> <li>being satisfied in one's parental role</li> <li>fostering a strong and secure parent-child relationship</li> <li>creating an environment in which children feel safe to express their emotions</li> <li>being emotionally responsive to children and modeling empathy</li> <li>talking with one's child to promote vocabulary development and language learning</li> <li>setting clear expectations and limits</li> <li>separating emotions from actions</li> <li>encouraging and reinforcing social skills such as greeting others and taking turns</li> <li>creating opportunities for children to solve problems</li> </ol> <p><u>Regarding the child:</u></p> <ol style="list-style-type: none"> <li>developing and engaging in self-regulating behaviors</li> <li>interacting positively with others</li> <li>using words and language skills</li> <li>communicating emotions effectively</li> </ol>