



## CORE MEANINGS OF THE STRENGTHENING FAMILIES™ PROTECTIVE FACTORS

Protective Factor	Core Meaning
<p><b>Parental Resilience</b></p>	<p><u>Resilience Related to General Life Stress</u></p> <ol style="list-style-type: none"> <li>managing the stressors of daily life and functioning well even when faced with challenges, adversity, and trauma</li> <li>calling forth the inner strength to proactively meet personal challenges, manage adversities, and heal the effects of one's own traumas</li> <li>becoming more self-confident and self-efficacious</li> <li>having faith; feeling hopeful</li> <li>believing that one can make and achieve goals</li> <li>solving general life problems</li> <li>having a positive attitude about life in general</li> <li>managing anger, anxiety, sadness, feelings of loneliness, and other negative feelings</li> <li>seeking help for self when needed</li> </ol> <p><u>Resilience Related to General Parenting Stress</u></p> <ol style="list-style-type: none"> <li>calling forth the inner strength to proactively meet challenges related to one's child</li> <li>not allowing stressors to keep one from providing nurturing attention to one's child</li> <li>solving parenting problems</li> <li>having a positive attitude about one's parenting role and responsibilities</li> <li>seeking help for child when needed</li> </ol>
<p><b>Social Connections</b></p>	<ol style="list-style-type: none"> <li>Building trusting relationships; feeling respected and appreciated</li> <li>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>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></p>	<p>Seeking, acquiring, and using accurate and age/stage-related information about:</p> <ul style="list-style-type: none"> <li>a. parental behaviors that lead to early secure attachments</li> <li>b. 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>a. appropriate developmental expectations</li> <li>b. positive discipline techniques</li> <li>c. recognizing and attending to the special needs of a child</li> </ul>
<p><b>Concrete Support in Times of Need</b></p>	<ul style="list-style-type: none"> <li>a. being resourceful</li> <li>b. 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>c. understanding one's rights in accessing eligible services</li> <li>d. gaining knowledge of relevant services</li> <li>e. navigating through service systems</li> <li>f. seeking help when needed</li> <li>g. having financial security to cover basic needs and unexpected costs</li> </ul>
<p><b>Nurturing Children's Social and Emotional Competence</b></p>	<p><u>Regarding the parent:</u></p> <ul style="list-style-type: none"> <li>a. having a positive parental mood</li> <li>b. having positive perceptions of and responsiveness to one's child</li> <li>c. responding warmly and consistently to a child's needs</li> <li>d. being satisfied in one's parental role</li> <li>e. fostering a strong and secure parent-child relationship</li> <li>f. creating an environment in which children feel safe to express their emotions</li> <li>g. being emotionally responsive to children and modeling empathy</li> <li>h. talking with the child to promote vocabulary development and language learning</li> <li>i. setting clear expectations and limits</li> <li>j. separating emotions from actions</li> <li>k. encouraging and reinforcing social skills such as greeting others and taking turns</li> <li>l. creating opportunities for children to solve problems</li> </ul> <p><u>Regarding the child:</u></p> <ul style="list-style-type: none"> <li>a. developing and engaging in self-regulating behaviors</li> <li>b. interacting positively with others</li> <li>c. using words and language skills</li> <li>d. communicating emotions effectively</li> </ul>