



Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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Parental Resilience

What Is Resilience?

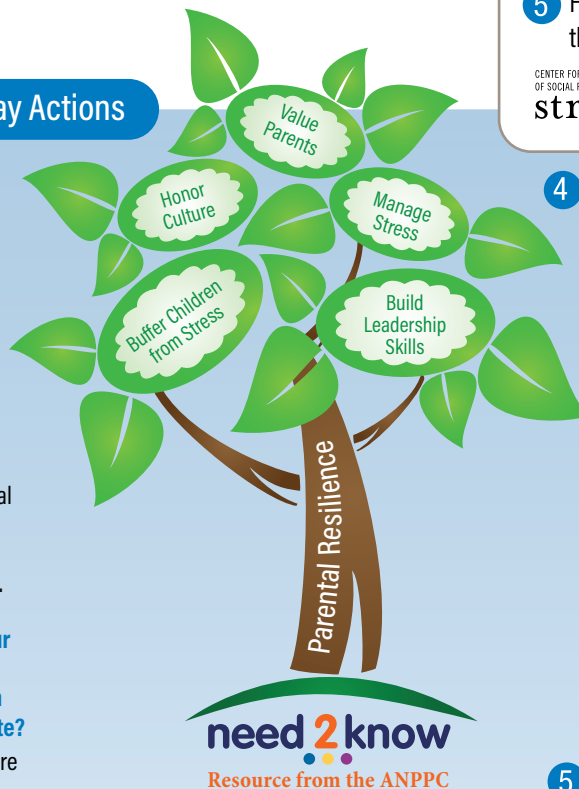
Resilience is the ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Resilient parents have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride. They are able to "bounce back" from negative experiences. Resilience isn't about how many bad things you experience; it's about how you respond to them.

Everyday Actions that Help Build Resilience

Concrete Examples of Everyday Actions

- 1 What are some ways your community (local businesses, day care centers, schools and churches) demonstrates it values parents?**
 - My child care has "Dads and Donuts" and "Moms and Muffins" events to say thank you to parents.
 - My place of worship offers parenting classes and other ministries for single moms.
 - My child's school invites parents to special conferences, sends out electronic newsletters, offers parent-child activities and many other opportunities to connect.
- 2 Give examples of concrete ways that your family's race, language, culture, history and approach to parenting is valued as a part of any group in which you participate?**
 - My bi-racial children attend a school where less than 3% of the student body is a minority. The school invites guest speakers from many ethnicities, including African-American, and shares books and crafts that honor my children's heritage.
 - Our children represent multiple ethnicities. We help create opportunities where they can explore their individual ethnic histories through reading, meeting others and continuing dialogue.



need2know
Resource from the ANPPC

- 3 What are some ways that you can remind yourself to deal with stress effectively? How can you encourage others to do the same?**
 - Look for the humor in the situation. If I can find a way to laugh at what happened or something else about the day, I can "own" it and move forward. Laughter is a life saver.
 - Get a sitter and garden.
 - I keep a Top Ten List (of things that feed my soul) in the nightstand by my bed. When I have a challenging day, I pull out my list and do at least three of the things on it. (For example, listen to music, dance and take a walk.)
 - I enjoy nature and photography. I go for a walk and take pictures.
 - I find it helpful to keep a journal – writing down the good and the bad is a way I can re-group.
 - Chatting with a friend makes me feel better.
 - Pray, read, bake and exercise (not always in that order).
 - Be quick to forgive others – especially myself!

- 1 Demonstrate in multiple ways that parents are valued**
- 2 Honor each family's race, language, culture, history and approach to parenting**
- 3 Encourage parents to manage stress effectively**
- 4 Support parents as decision-makers and help build decision-making and leadership skills**
- 5 Help parents understand how to buffer their child during stressful times**

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- 4 How do you encourage your peers to exercise their unique leadership skills in their own families – and in the community? How do you find the courage to lead out in your family and community?**
 - I go to my "encouraging cupboard" – the strength in my own family is astounding! I am finding ways to be a good steward of the knowledge we have built over generations.
 - With several other parent's help, I started a leadership and advocacy group in our area for families of children with disabilities. Our training events are open to the public and sometimes we offer CEUs. This has been so successful that parents and professionals have been attending from surrounding communities. The best part is that all of our parenting tips apply to all areas of participants' lives – school, church and more!
- 5 When you face a crisis, what are some ways that you protect your child from being negatively impacted by this stress?**
 - Reflect and remember what skills I have used to manage or overcome struggles in the past.
 - I tell myself I've been through tough times before – then I drop everything and do something fun with my little one!
 - My kids handle stress better when they realize there is stress and a plan to manage it. It is a mistake for me to drag them through it and let them figure out how to cope.
 - I keep my children involved in activities with their friends and encourage friendships.
 - Make sleep/rest a priority – model self-care for my children.
 - Encourage laughter either through silly songs or dancing, telling goofy jokes and reading funny stories. Take time to play, interact and focus on the children – let them know that no matter what – they matter the most!

For more parent-to-parent tools visit
[ctfalliance.org/partnering-with-parents/
anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources)



National Parent Partnership Council (ANPPC)

Parental Resilience within the Framework

Parental Resilience is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Parental Resilience might come in the form of requesting and accepting support to meet basic needs for families (Concrete Support). It could show up when parents support each other at critical moments to promote self-care (Social Connections). It may even be celebrating children's strengths and milestones as they grow through challenges (Knowledge of Child Development).

The Protective Factors work together to help make your family strong!

Parents Help Define Parental Resilience

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor - **Parental Resilience** - in ways that are meaningful for them.

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Colorado Department of Human Services - Children's Trust Fund

Be strong in the face of stress.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Exercise flexibility and develop inner strength. Flexibility and Inner Strength = Resilience. Resilience makes your family STRONG.

New Hampshire Children's Trust

I can handle challenges with flexibility and take time to recharge.

Prevent Child Abuse Arizona - Strengthening Families Arizona

Parenting is challenging. Having resilience means being flexible, managing stress in healthy ways and giving yourself permission to make mistakes.

Alaska Child Welfare Academy

Be strong, not stressed.

Hawaii Child and Family Services - The Parent Line

I am a strong parent. I know someone who I can talk to who understands my parenting style.

Community Café Collaborative

I will continue to have courage during stressful times or after a crisis.

Wisconsin Child Abuse and Neglect Prevention Board - Five For Families (fiveforfamilies.org)

Building Inner Strength - Keeping it together - and even growing stronger - during times of stress.

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Resiliencia en Padres de Familia

¿Qué es la resiliencia?

La resiliencia es la habilidad de recuperarnos de difíciles experiencias de vida, y frecuentemente fortalecidos y aun transformados por esas experiencias.

Padres de familia resilientes tienen empatía por ellos mismos y otros y son capaces de mantener una actitud positiva, resolver problemas creativamente y tomar los eventos de la vida con calma. Son capaces de “recuperarse” de experiencias negativas. La resiliencia no se trata de cuantas malas cosas has experimentado; se trata de cómo has respondido a ellas.

Acciones Diarias que Ayudan a Construir la Resiliencia

Ejemplos Reales de Acciones Diarias

1 ¿Cuáles son las formas que su comunidad (negocios locales, guarderías, escuelas e Iglesias) demuestran que valoran a padres de familia?

- Mi guardería tiene eventos como “Papás y Donas” y “Mamás y panquecitos” para dar las gracias a los padres de familia.
- Mi centro de oración ofrece clases de crianza y otros servicios religiosos para mamás solteras.
- La escuela de mi hijo invita a padres de familia a conferencias especiales, envía boletines informativos electrónicos, ofrece actividades para padres e hijos y muchas otras oportunidades para conectarse.

2 Da ejemplos de formas reales que la raza, idioma, cultura, historia y enfoque de crianza de su familia es valorada como parte de cualquier grupo en el cual usted participa.

- Mis niños birraciales asisten a una escuela donde menos del 3% del cuerpo estudiantil es una minoría. La escuela invita a ponentes de distintas etnias, incluyendo áfrico-americana, y comparte libros y manualidades para honrar la herencia de mis niños.
- Nuestros niños representan múltiples etnias. Ayudamos a crear oportunidades donde ellos pueden explorar sus historias individuales de etnicidad a través de lecturas, juntas con otros y diálogo continuo.

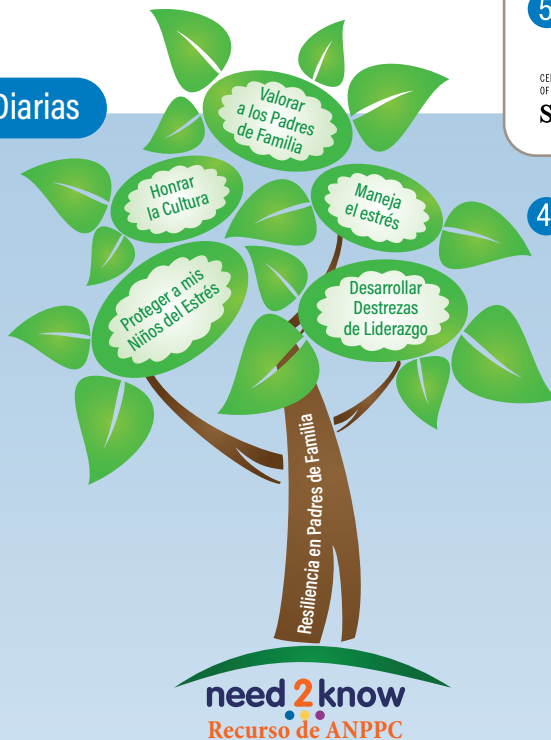
Para obtener más herramientas de padres a padres, visite

ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

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3 ¿Cuáles son algunas de las formas que le pueden ayudar a recordar sobre maneras de manejar el estrés efectivamente? ¿Cómo puede alentar a otros a hacer lo mismo?

- Veo el humor en la situación. Si puedo encontrar una manera de reír ante lo que ha sucedido o algo más sobre el día, entonces “ese momento es mío” y puedo seguir adelante. La risa es un gran salvavidas.
- Consigo quien cuide de mis hijos y trabajo en el jardín.
- Mantengo una lista de Diez Prioridades (de cosas que alimentan mi alma) en mi mesa de noche junto a mi cama. Cuando tengo un día difícil, saco la lista y hago al menos tres de las cosas en la lista. (Por ejemplo, escuchar música, bailar o tomar un paseo en las montañas.)
- Disfruto la naturaleza y la fotografía. Tomo un paseo y tomo fotografías
- Se me es útil tener un diario – escribo lo malo y lo bueno como una forma de reagrupar.
- Platicar con un buen amigo siempre me hace sentir mejor.
- Rezo, leo, horneo, hago ejercicio (no siempre en ese orden).
- Ser rápido para perdonar a otros – ¡especialmente a mí mismo!

- 1 Demonstrar en distintas maneras que los padres de familia son valorados
- 2 Honrar la raza, idioma, cultura, historia y formas de crianza de cada familia
- 3 Alentar a los padres de familia a manejar el estrés efectivamente
- 4 Apoyar a los padres de familia a ser quienes toman sus decisiones y ayudarlos a desarrollar destrezas de liderazgo y toma de decisiones
- 5 Ayudar a los padres de familia a comprender como responder durante momentos de estrés

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4 ¿Cómo alientas a tus compañeros a ejercitar sus destrezas únicas de liderazgo en sus propias familias – y en su comunidad? ¿Cómo encuentras las fuerzas de ser el líder en tu propia familia y comunidad?

- Voy a mi “pizarrón de motivación” – ¡la fortaleza en mi propia familia es sorprendente! Estoy encontrando formas de ser un buen representante del conocimiento que hemos desarrollado por generaciones.
- Con la ayuda de otros padres de familia, comencé un grupo de defensa y liderazgo en nuestra área para familias de niños con discapacidad. Nuestros eventos de capacitación están abiertos al público en general y en ocasiones ofrecemos CEUs. Ha sido sumamente exitoso para que padres de familia y profesionales nos visitan de comunidades cercanas. La mejor parte es que todo sobre nuestros consejos de crianza aplica a todas las áreas de las vidas de los participantes – escuela, iglesia y ¡mucho más!

5 Cuando enfrentas una crisis (pequeña o grande), ¿cuáles son algunas maneras en que proteges a tu niño de ser impactado negativamente por este estrés?

- Reflexiono y recuerdo las destrezas que he utilizado para manejar o sobrellevar dificultades en el pasado.
- Me digo a mi mismo que ya he estado en momentos difíciles antes – entonces dejo todo y ¡hago algo divertido con mi pequeño!
- Mis niños manejan el estrés mejor cuando ellos se dan cuenta que existe y hacen un plan para manejarlo. Es un error de mi parte arrastrarlos conmigo les permito encontrar una forma de manejar ese estrés.
- Mantengo a mis niños involucrados en actividades con sus amigos y les aliento a hacer amistades.
- Hago del dormir/descansar una prioridad – modelo el cuidado de mí mismo con mis niños.
- Motivo a la risa ya sea con canciones tontas o bailando, diciendo chistes simplones y leyendo historias graciosas. Tomo el tiempo para jugar, interactuar y enfocarme en los niños – les hago saber que sin importar que – ¡ellos son lo que importa más!

Resiliencia de Padres de Familia dentro del marco

La **Resiliencia de los Padres de Familia** es uno de los cinco factores de protección. Cada uno de los factores de protección es esencial, pero lo más importante es lo que ellos hacen en conjunto para desarrollar fuerza y estabilidad en las familias.

La Resiliencia en los Padres de Familia puede venir en la forma de pedir o aceptar ayuda para cubrir las necesidades básicas de las familias (Apoyo Real). Puede mostrarse cuando padres de familia se apoyan entre sí en momentos críticos para promover el autocuidado (Conexiones Sociales). Y tal vez puede ser celebrando las fortalezas y avances de los niños mientras crecen enfrentando retos (Conocimiento del Desarrollo del Niño).

¡Los Factores de Protección trabajan en conjunto para ayudar a fortalecer a la familia!

Los padres de familia ayudan a definir la Resiliencia de Padres de Familia

Muchos grupos de padres han definido los factores de protección en formas que se relacionan a sus comunidades y vidas. Estas ideas nos ayudan a apreciar y honrar las fortalezas de las familias en diversidad geográfica y cultural por todo el país. Aquí tenemos algunas formas en que padres de familia han definido este factor de protección – **Resiliencia de Padres de Familia** – en formas que tienen significado para ellos.

Departamento de Servicios Humanos de Colorado – Fondo Fiduciario de Niños

Ser fuerte al enfrentar el estrés.

Gran Inicio Colaborativo de Michigan (Charlevoix, Emmet y Northern Antrim Counties)

Ejercitar la flexibilidad y desarrollar fuerza interna. La flexibilidad y la fuerza interna = resiliencia. La resiliencia hace a sus familias FUERTES.

Fondo Fiduciario de Niños en New Hampshire

Puedo manejar los retos con flexibilidad y tomar el tiempo para recargar energía.

Prevención de Abuso Infantil de Arizona – Fortaleciendo Familias Arizona

La crianza es un reto. Tener resiliencia significa ser flexible, manejar el estrés en formas sanas y darse permiso a cometer errores.

Academia Alaska Child Welfare

Ser fuerte, sin estrés.

Hawaii Servicios para la Familia y el Niño – La línea de Padres de Familia

Soy un padre fuerte. Conozco a alguien con quien puedo hablar y quien comprende mi estilo de crianza.

Colaboración de Café Comunitario

Continuaré teniendo el coraje durante momentos estresantes o después de una crisis.

Consejo de Prevención de Abuso y Negligencia Infantil de Wisconsin- Five For Families (fiveforfamilies.org)

Desarrollar Fuerza Interna – manteniéndose juntos – y aun crecer – durante tiempos de estrés.

Definiendo los Cinco Factores de Protección

Se apoya a las familias a construir:

Resiliencia Parental

La habilidad de recuperarse de experiencias de vida difíciles, y a menudo salir fortalecido y aun transformado por esas experiencias.

Conexiones Sociales

La habilidad y oportunidad de desarrollar relaciones positivas que reduzcan el estrés y ayuden a desarrollar redes de apoyo.

Conocimiento de Crianza y Desarrollo del Niño

La habilidad de poner en práctica estrategias efectivas de crianza para guiar y conocer las expectativas del desarrollo de los niños en múltiples ámbitos (físico, cognitivo, lenguaje y social y emocional).

Apoyo Real en Momentos de Necesidad

Tener acceso a apoyos y servicios que reduzcan el estrés y ayude a fortalecer a las familias.

Competencia Social y Emocional de Niños

Interacciones de niños y familias que ayudan a los niños a desarrollar las habilidades de comunicarse claramente, reconocer y regular sus emociones y establecer y mantener relaciones.

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Social Connections

The Value of Social Connections

Facilitate friendships and mutual support – Help parents connect with each other and develop social networks.

Social connections help families stay strong, get through the hard times and enjoy family life. Families can have many different types of social connections that provide different types of support. No matter the type of connection – it should be positive – someone that is there for you, treats you well and helps you be the best person you can be!

- 1 Help families value, build, sustain and use social connections
- 2 Create an inclusive environment
- 3 Facilitate mutual support around parenting and other issues
- 4 Promote engagement in the community and participation in community activities

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Everyday Actions that Help Build Social Connections

Concrete Examples of Everyday Actions

Value, build and use
social connections

Create an
inclusive
environment

Facilitate
mutual support

Promote
community
engagement

Social Connections

Social Connections

1 How do your friends know that you appreciate them?

- I offer help before my friends have to ask.
- By listening to a friend who just needs an ear.
- I like to pay attention to the things my friends like, and pick them up from time to time when I see them on sale or special – just to let them know they are heard and cared for.
- Many of my friends are more like family than family, so I value all our relationships very much.
- I specifically turned down an invite to an event with my friend so that I could watch the kids and she and her husband could go. I had a great time hanging with the kiddos and they had a refreshing date night!
- Taking the time to tell or show someone how much they mean to me.
- Celebrating their successes – and inviting them to celebrate any success I may have.

2 What do you look for when thinking about joining a group?

- I feel welcome and I see a friendly face.
- It is clear what is required of me.
- I am interested in a topic, and it is helpful to my family.
- I'm more likely to participate in a group when:
 - It's safe to share my thoughts and I will not be judged.
 - I am asked for my opinion and it's valued.
 - There are family activities.
 - It is flexible and supportive of me and other parents.
 - It's fun.

3 What is the most critical thing you need as a parent when unexpected things happen?

- Having someone available who I can ask for what I need with no judgement and where they are truly willing to help.
- This need has changed as my children have grown. Now that they are teenagers I would say positive affirmations from others and someone to talk to.
- Having the opportunity to take a break.
- Help with meals, babysitting or housework – whatever I need – to lift me up and help make my burden feel lighter.
- Resources to turn to such as school, church, books, support groups, WIC.

4 What are some positive ways your community is supportive?

- The librarians we have gotten to know since the boys were small have been great people to talk to for advice and other affirmations.
- My community is one I have built with other parents who have special needs children. We check in with each other, support and pray for each other.
- "Bring your family to the zoo day" was great. They had free health screenings for the whole family that day, plus it was fun.
- It was a "bring your parent to school" day. It was good to spend time with my child and learn what he does throughout the day.
- Free event for the kiddos put on by a local church. Everyone was pleasant and happy to see us. It was close to our home and the kids had a great time.
- I know how I'm connected, but I'm constantly looking for ways to connect friends
- Parent-led groups – places for parents to meet and talk. Older parents offer wisdom.



Social Connections

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Social Connections within the Framework

Social Connections is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Social Connections might come in the form of seeking community support and finding a resource (Concrete Support). It could show up when a teacher or counselor partners with the parent to support a child's social and emotional development (Social and Emotional Competence of Children). It may even be supporting a child's behavior or milestones with consistent and positive peer, community and family supports (Knowledge of Parenting and Child Development).

The Protective Factors work together to help make your family strong!

Parents Help Define Social Connections

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Social Connections** – in ways that are meaningful for them.

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Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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Colorado Department of Human Services – Children's Trust Fund

Nurture caring friendships. Having a network of friends and family helps us feel secure, confident and empowered.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Make a friend. Connecting with friends builds a support system and makes your family strong.

New Hampshire Children's Trust

I have friendships with people who support me and my parenting.

Prevent Child Abuse Arizona – Strengthening Families Arizona

All parents need support. Building relationships is an important way to get the connection and support we all need.

Alaska Child Welfare Academy

Get and give support.

Hawaii Child and Family Services – The Parent Line

I am connected. I know what to do and how to deal with stressful situations.

Community Café Collaborative

I have people who know me – friends – and at least one person who supports my parenting.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Connecting with Others – Building a network of people who care about you and your family.

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Conexiones Sociales

El valor de las Conexiones Sociales

- 1 Ayudar a las familias a valorar, construir, sustentar y utilizar las conexiones sociales
- 2 Crear un ambiente inclusivo
- 3 Facilitar el apoyo mutuo en la crianza y otros asuntos
- 4 Promover la participación en la comunidad y sus actividades

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Facilite las amistades y el apoyo mutuo – ayude a los padres de familia a conectarse entre sí y a desarrollar redes sociales.

Las conexiones sociales ayudan a las familias a mantenerse fuertes, superar los momentos difíciles y disfrutar de la vida familiar. Las familias pueden tener muchos tipos distintos de conexiones sociales que brindan diferentes tipos de apoyo. No importa el tipo de conexión, debe ser positiva – alguien que esté ahí para ti – te trate bien y te ayude a ser la mejor persona que puedas ser.

Acciones cotidianas que ayudan a construir conexiones sociales

Ejemplos concretos de acciones diarias

Valorar, construir y utilizar Conexiones Sociales

Crear un ambiente inclusivo

Facilitar el apoyo mutuo

Promover el compromiso de la comunidad

Conexiones Sociales

Conexiones Sociales

1 ¿Cómo saben tus amigos que los aprecias?

- Ofrezco ayuda antes de que mis amigos tengan que pedir.
- Escuchando a un amigo que solo necesita un oído.
- Me gusta prestar atención a las cosas que les gustan a mis amigos y comprarlas de vez en cuando, cuando las veo en oferta o especiales, solo para hacerles saber que las escuchan y las cuidan.
- Muchos de mis amigos se parecen más a una familia que a una familia misma, así que valoro mucho todas nuestras relaciones.
- Específicamente rechacé una invitación a un evento con mi amiga para poder cuidar a los niños y ella y su esposo podrían ir. ¡Me lo pasé genial pasando el rato con los niños y tuvieron una cita que les ayudó a reponer su relación!
- Tomarse el tiempo para decirle o mostrarle a alguien lo mucho que significa para mí.
- Celebrando sus éxitos e invitándolos a celebrar cualquier éxito que pueda tener.

2 ¿Qué buscas cuando piensas en unirse a un grupo?

- Me siento bienvenido y veo una cara amiga.
- Está claro lo que se requiere de mí.
- Estoy interesado en un tema y es útil para mi familia.
- Es más probable que participe en un grupo cuando:
 - Es seguro compartir mis pensamientos y no seré juzgado.
 - Me piden mi opinión y se valora.
 - Hay actividades familiares.
 - Es flexible y me apoya a mí y a otros padres de familia.
 - Es divertido.

3 ¿Qué es lo más importante que necesita como padre de familia cuando suceden cosas inesperadas?

- Tener a alguien disponible a quien pueda pedir lo que necesito sin juzgar y donde realmente esté dispuesto a ayudar.
- Esta necesidad ha cambiado a medida que mis hijos crecen. Ahora que son adolescentes diría afirmaciones positivas de los demás y alguien con quien hablar.
- Tener la oportunidad de hacer una pausa.
- Ayuda con las comidas, el cuidado de los niños o las tareas del hogar, lo que sea que necesite, para levantarme y ayudar a que mi carga se sienta más liviana.
- Recursos a los que recurrir, como la escuela, la iglesia, los libros, los grupos de apoyo, WIC.

4 ¿Cuáles son algunas de las formas positivas en que su comunidad brinda apoyo?

- Los bibliotecarios que hemos conocido desde que los niños eran pequeños han sido excelentes personas con quienes hablar en busca de consejos y otras afirmaciones.
- Mi comunidad es una que he construido con otros padres que tienen niños con necesidades especiales. Nos comunicamos unos con otros, nos apoyamos y oramos el uno por el otro.
- "Traiga a su familia al zoológico" fue genial. Ese día tuvieron exámenes de salud gratuitos para toda la familia, además de que fue divertido.
- Fue un día de "traer a sus padres a la escuela". Fue bueno pasar tiempo con mi hijo y aprender lo que hace durante el día.
- Evento gratuito para los niños organizado por una iglesia local. Todos se alegraron y se alegraron de vernos. Estaba cerca de nuestra casa y los niños se lo pasaron genial.
- Sé cómo estoy conectado, pero estoy constantemente buscando formas de conectar amigos.
- Grupos dirigidos por padres: lugares para que los padres de familia se reúnan y hablen. Los padres mayores ofrecen sabiduría.

Para obtener más herramientas de padres a padres, visite

ctfalliance.org/partnering-with-parents/anppc/#resources

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Conexiones Sociales dentro del Marco

Conexiones sociales es uno de los cinco factores de protección. Cada uno de los factores de protección es esencial, pero lo más importante es lo que hacen juntos para desarrollar fuerza y estabilidad en las familias.

Las Conexiones Sociales pueden venir en forma de buscar el apoyo de la comunidad y encontrar un recurso (apoyo real). Podría aparecer cuando un maestro o consejero se asocia con los padres de familia para apoyar el desarrollo social y emocional de un niño (Competencia Social y Emocional de los Niños). Incluso puede estar apoyando el comportamiento o los avances en su crecimiento de un niño con apoyo constante y positivo de los compañeros, la comunidad y la familia (Conocimiento de Crianza de los y Desarrollo Infantil).

¡Los factores protectores trabajan juntos para ayudar a fortalecer a su familia!

Los padres de familia ayudan a definir los factores de protección

Muchos grupos de padres de familia han definido los factores de protección de manera que se puedan relacionar con su comunidad y sus vidas. Estas ideas nos ayudan a apreciar y honrar las fortalezas de la familia en diversos entornos geográficos y culturales de todo el país. A continuación, se muestran algunas formas en las que los padres han definido este factor protector – las **Conexiones Sociales** – de manera significativa para ellos.

Departamento de Servicios Humanos de Colorado – Fondo Fiduciario para Niños

Fomente amistades afectivas. Tener una red de amigos y familiares nos ayuda a sentirnos seguros, confiados y empoderados.

Michigan Great Start Collaborative (Condados de Charlevoix, Emmet y Northern Antrim)

Hacer un amigo. Conectarse con amigos crea un sistema de apoyo y fortalece a su familia.

Fideicomiso para niños de New Hampshire

Tengo amistades con personas que me apoyan a mí y a mi paternidad.

Prevenga el abuso infantil en Arizona – fortaleciendo a las familias de Arizona

Todos los padres necesitan apoyo. Establecer relaciones es una forma importante de obtener la conexión y el apoyo que todos necesitamos.

Academia de Bienestar Infantil de Alaska

Obtenga y brinde apoyo.

Servicios para niños y familias de Hawái – la línea para padres

Estoy conectado. Sé qué hacer y cómo afrontar situaciones estresantes.

Colaborativo Café Comunitario

Tengo personas que me conocen – amigos – y al menos una persona que apoya mi paternidad.

Junta de Prevención de Abuso y Negligencia Infantil de Wisconsin – Cinco para las familias (fiveforfamilies.org)

Conectarse con otros – crear una red de personas que se preocupan por usted y su familia.

Definiendo los Cinco Factores de Protección

Se apoya a las familias a construir:

Resiliencia Parental

La habilidad de recuperarse de experiencias de vida difíciles, y a menudo salir fortalecido y aun transformado por esas experiencias.

Conexiones Sociales

La habilidad y oportunidad de desarrollar relaciones positivas que reduzcan el estrés y ayuden a desarrollar redes de apoyo.

Conocimiento de Crianza y Desarrollo del Niño

La habilidad de poner en práctica estrategias efectivas de crianza para guiar y conocer las expectativas del desarrollo de los niños en múltiples ámbitos (físico, cognitivo, lenguaje y social y emocional).

Apoyo Real en Momentos de Necesidad

Tener acceso a apoyos y servicios que reduzcan el estrés y ayude a fortalecer a las familias.

Competencia Social y Emocional de Niños

Interacciones de niños y familias que ayudan a los niños a desarrollar las habilidades de comunicarse claramente, reconocer y regular sus emociones y establecer y mantener relaciones.

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Concrete Support in Times of Need

What Is Concrete Support in Times of Need?

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

Every family – at some point – needs help. Sometimes the challenges are minor, but other times they may be critical to the family's survival. Depending on a family's resources – financial as well as social and other types of resources – some may be able to access the support they need to weather a storm. Others may need help getting connected to those who can offer them what they need to handle the challenges they are facing.

Everyday Actions that Help Build Concrete Support in Times of Need

Concrete Examples of Everyday Actions

1a Think of a time when a friend, an agency, or a family member helped you connect with something you needed "just in time" for a crisis or problem. Who made the connection to what you needed at that time? Who was there for you? (Answers are ranked by survey response.)

1. Family
2. Friends
3. Community
4. Teacher/Home Visitor
5. Support Groups/Anonymous Groups
6. Healthcare
7. Crisis Line

1b Who else helped you address some of those needs? (Answers are ranked by survey response.)

1. Faith-Based Communities
2. Service Provider
3. Social Worker/Case Worker
4. Local Family Support Agency
5. Child Care Provider

2 Please share how the connections made helped make a difference for you.

- The connections made helped me feel more supported as a parent.
- The connections were lifelong connections.
- The support and connections changed as I changed/grew. (transformed)
- It let me know that I wasn't alone. Empathy goes a long way.
- It helped meet my family's basic needs so I was able to focus on other things.
- All of these connections have helped make me a stronger advocate for my children.
- These connections enabled me to ensure that my children have the best care and education possible.
- The process was smoother, less traumatic, and less stressful.
- I didn't have the support prior to a crisis. It felt so comforting to know people were looking out for me.

3a How is that supporting you as a family?

- When I feel understood and heard, I can better support my family.
- It has given us the opportunity to do more as a family.
- We have the confidence and strength to keep trying.
- Being linked to supportive places and people help our family feel connected to our community. We get to know our neighbors better.
- Someone there is ready to help me but I have to ask for help.
- It offers an outlet we didn't have when we were keeping things private.

- 1 Respond immediately when families are in crisis
- 2 Provide information and connections to other services in the community
- 3 Help families to develop skills and tools they need to identify their needs and connect to support

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- It helps me to prioritize my physical and mental health so I can be present for my family and serve others.
- I am more patient and have a better understanding of emotions (my own and others)
- I am a happier person. Better able to parent, grandparent, understand others.

3b Share a time that was particularly stressful for your family. Who helped you achieve a good outcome? What did they do?

All of the examples given by parents showed the key to achieving a good outcome were the people who actually showed up to provide concrete support and a listening ear – people who provided small but significant changes. Below is one example of a good outcome. See more examples at ctfalliance.org/partnering-with-parents/anppc/#resources.

- Yes, there were times I needed support for my child. I reached out to the intermediate unit and right away a whole team started to provide information and support. They connected me with the right resources, and I took it from there. They followed up to make sure things were taken care of and to provide feedback so that I did not feel that I was alone.

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources

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Concrete Support in Times of Need

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Concrete Support within the Framework

Concrete Support in Times of Need is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Concrete Support might come in the form of a positive peer connection (Social Connections). It could show up as a “just in time” tip about a child’s growth and development (Knowledge of Parenting and Child Development). Building resources for Concrete Support might mean asking for and accepting help when it is needed (Parental Resilience).

The five protective factors work together to help make your family strong!

Parents Help Define Concrete Support

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Concrete Support in Times of Need** – in ways that are meaningful for them.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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Colorado Department of Human Services – Children’s Trust Fund

Ask for support when you need it. Some problems are too big to solve alone. Knowing where to get help in the community can make life easier.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Ask for help. Meeting your needs through community support and resources makes your family strong.

New Hampshire Children’s Trust

I know where to turn to meet my family’s basic needs.

Prevent Child Abuse Arizona – Strengthening Families Arizona

We all need a little help sometimes. When parents know where to get help when they need it, they face challenges more easily.

Alaska Child Welfare Academy

Get help when you need it.

Hawaii Child and Family Services – The Parent Line

I know where to find help. I know how to get help to meet my family’s basic needs.

Community Café Collaborative

My family has access to basic needs including access to services such as mental health support.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Knowing How to Find Help – Seeking support in times of need and knowing how to accept help when it’s offered.

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Apoyo Real en Momentos de Necesidad

¿Qué es el Apoyo Real en Momentos de Necesidad?

Acceso a apoyo y servicios concretos que abordan las necesidades de una familia y ayudan a minimizar el estrés causado por los desafíos.

Todas las familias, en algún momento, necesitan ayuda. A veces, los desafíos son menores, pero otras veces pueden ser fundamentales para la supervivencia de la familia. Dependiendo de los recursos de la familia, tanto financieros como sociales y de otro tipo, algunos pueden acceder al apoyo que necesitan para navegar una tormenta. Otros pueden necesitar ayuda para conectarse con aquellos que puedan ofrecerles lo que necesitan para manejar los desafíos que enfrentan.

Acciones diarias que ayudan a construir un apoyo real en momentos de necesidad

Ejemplos concretos de acciones diarias

1a Piense en un momento en el que un amigo, una agencia o un miembro de la familia lo ayudó a conectarse con algo que necesitaba "justo a tiempo" para una crisis o un problema. ¿Quién hizo la conexión con lo que necesitaba en ese momento? ¿Quién estuvo ahí para usted? (Las respuestas se clasifican según la respuesta de la encuesta.)

1. Familia
2. Amigos
3. Comunidad
4. Maestro / visitante domiciliario
5. Grupos de apoyo / Grupos anónimos
6. Cuidado de la salud
7. Línea de crisis

1b ¿Quién más lo ayudó a abordar algunas de esas necesidades? (Las respuestas se clasifican según la respuesta de la encuesta.)

1. Comunidades religiosas
2. Proveedor de servicio
3. Trabajador social / Trabajador de casos
4. Agencia de apoyo familiar local
5. Cuidador infantil

2 Comparta cómo las conexiones que hicieron le ayudaron a marcar la diferencia.

- Las conexiones que se hicieron me ayudaron a sentirme más apoyado como padre de familia.
- Las conexiones eran conexiones de por vida.
- El apoyo y las conexiones cambiaron a medida que yo cambiaba / crecía. (transformado)
- Me hizo saber que no estaba solo. La empatía es muy útil.
- Ayudó a satisfacer las necesidades básicas de mi familia, de modo que pude concentrarme en otras cosas.
- Todas estas conexiones me han ayudado a convertirme en una defensora más fuerte de mis hijos.
- Estas conexiones me permitieron asegurarme de que mis hijos reciban la mejor atención y educación posibles.
- El proceso fue más suave, menos traumático y menos estresante.
- No tenía el apoyo ante de una crisis. Me reconfortó saber que la gente me cuidaba.

3a ¿Cómo les apoya eso como familia?

- Cuando me siento comprendido y escuchado, puedo apoyar mejor a mi familia.
- Nos ha dado la oportunidad de hacer más como familia.
- Tenemos la confianza y la fuerza para seguir intentándolo.
- Estar vinculado a lugares y personas de apoyo ayuda a nuestra familia a sentirse conectada con nuestra comunidad. Conocemos mejor a nuestros vecinos.
- Alguien está listo para ayudarme, pero tengo que pedir ayuda.
- Ofrece una salida que no teníamos cuando manteníamos las cosas en privado.

- 1 Responder inmediatamente cuando familias están en crisis
- 2 Proveer información y conexiones a otros servicios en la comunidad
- 3 Ayudar a las familias a desarrollar destrezas y herramientas que les serán necesarias para Identificar sus necesidades y conectarse con los recursos de apoyo

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- Me ayuda a priorizar mi salud física y mental para poder estar presente para mi familia y servir a los demás.
- Soy más paciente y entiendo mejor las emociones (mías y ajenas)
- Soy una persona más feliz. Más capaz de ser padre, abuelo, entender a los demás.

3b Comparta un momento que haya sido particularmente estresante para su familia. ¿Quién le ayudó a lograr un buen resultado? ¿Qué hicieron?

Todos los ejemplos dados por los padres de familia mostraron que la clave para lograr un buen resultado fueron las personas que realmente se presentaron para brindar un apoyo concreto y un oído atento, personas que proporcionaron cambios pequeños pero significativos. A continuación, se muestra un ejemplo de un buen resultado. Vea más ejemplos en ctfalliance.org/partnering-with-parents/anppc/#resources.

- Sí, hubo momentos en que necesité apoyo para mi hijo. Me comuniqué con la unidad intermedia y de inmediato todo un equipo comenzó a brindar información y apoyo. Me conectaron con los recursos adecuados y lo tomé desde allí. Hicieron un seguimiento para asegurarse de que las cosas estuvieran bien arregladas y para proporcionar comentarios para que no me sintiera solo.

Para obtener más herramientas de padres a padres, visite

ctfalliance.org/partnering-with-parents/anppc/#resources

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Apoyo Real en Momentos de Necesidad

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Apoyo Real en el Marco

El **Apoyo Real en Momentos de Necesidad** es uno de los cinco factores de protección. Cada uno de los factores de protección es esencial, pero lo más importante es lo que hacen juntos para desarrollar la fuerza y la estabilidad de las familias.

El apoyo real puede venir en forma de una conexión positiva entre pares (conexiones sociales). Podría ser un consejo "justo a tiempo" sobre el crecimiento y el desarrollo de un niño (Conocimientos sobre crianza y desarrollo infantil). La construcción de recursos para el apoyo real puede significar pedir y aceptar ayuda cuando sea necesario (resiliencia de los padres de familia).

¡Los cinco factores protectores trabajan juntos para ayudar a fortalecer a su familia!

Los padres de familia ayudan a definir el apoyo

Muchos grupos de padres de familia han definido los factores de protección de manera que se puedan relacionar con su comunidad y sus vidas. Estas ideas nos ayudan a apreciar y honrar las fortalezas de la familia en diversos entornos geográficos y culturales de todo el país. Aquí hay algunas formas en que los padres de familia han definido este factor de protección – **Apoyo Real en Momentos de Necesidad** – de formas que son significativas para ellos.

Definiendo los Cinco Factores de Protección

Se apoya a las familias a construir:

Resiliencia Parental

La habilidad de recuperarse de experiencias de vida difíciles, y a menudo salir fortalecido y aun transformado por esas experiencias.

Conexiones Sociales

La habilidad y oportunidad de desarrollar relaciones positivas que reduzcan el estrés y ayuden a desarrollar redes de apoyo.

Conocimiento de Crianza y Desarrollo del Niño

La habilidad de poner en práctica estrategias efectivas de crianza para guiar y conocer las expectativas del desarrollo de los niños en múltiples ámbitos (físico, cognitivo, lenguaje y social y emocional).

Apoyo Real en Momentos de Necesidad

Tener acceso a apoyos y servicios que reduzcan el estrés y ayude a fortalecer a las familias.

Competencia Social y Emocional de Niños

Interacciones de niños y familias que ayudan a los niños a desarrollar las habilidades de comunicarse claramente, reconocer y regular sus emociones y establecer y mantener relaciones.

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Pide ayuda cuando la necesites. Algunos problemas son demasiado grandes para resolverlos solos. Saber dónde obtener ayuda en la comunidad puede hacer la vida más fácil.

Michigan Great Start Collaborative (Condados de Charlevoix, Emmet y Northern Antrim)

Pedir ayuda. Satisfacer sus necesidades a través del apoyo y los recursos de la comunidad fortalece a su familia.

Fideicomiso para niños de New Hampshire

Sé a dónde acudir para satisfacer las necesidades básicas de mi familia.

Prevenga el abuso infantil en Arizona - fortaleciendo a las familias en Arizona

Todos necesitamos un poco de ayuda a veces. Cuando los padres de familia saben dónde obtener ayuda cuando la necesitan, se enfrentan a los desafíos con mayor facilidad.

Academia de Bienestar Infantil de Alaska

Obtenga ayuda cuando la necesite.

Servicios para niños y familias de Hawái - la línea para padres

Sé dónde encontrar ayuda. Sé cómo obtener ayuda para satisfacer las necesidades básicas de mi familia.

Café Comunitario Colaborativo

Mi familia tiene acceso a las necesidades básicas, incluyendo el acceso a servicios como el apoyo a la salud mental.

Junta de Prevención de Abuso y Negligencia Infantil de Wisconsin - Cinco para las familias (fiveforfamilies.org)

Saber cómo encontrar ayuda: buscar apoyo en momentos de necesidad y saber aceptar la ayuda cuando se la ofrece.

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Concrete Support in Times of Need

Parents Talk about Receiving Concrete Support

3 Share a time that was particularly stressful for your family. Who helped you achieve a good outcome? What did they do?

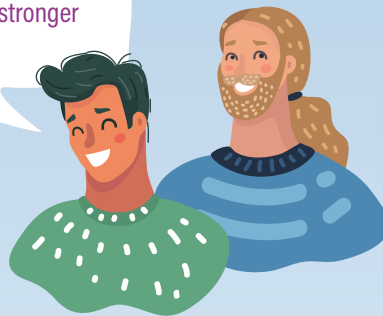
All of the examples given by parents showed the key to achieving a good outcome were the people who actually showed up to provide concrete support and a listening ear – people who provided small but significant changes.

This week we found out that one of our daughters might be beginning to lose her sight. My daughter's interpreter, my mentor, and now lifelong friend, along with a wonderful administrator at our hospital helped me calmly deal with the issue, put together a plan of action, and schedule appointments so that we can do what is best for our daughter.

My husband and I have been through difficulty in our marriage. Counseling helped us explore our feelings and be frank about our needs for the present and hopes for the future. The counselor facilitated the conversation courageously and sensitively. My spouse and I carried on the conversation later and invested in building a stronger partnership.

Just having a friend to listen to me and having a home-visitor that I can share my worries with.

My dad has cancer, it is really hard. Check-ins by family and friends are the most helpful, people bringing food.



The week that our daughter was born, our car was totaled while parked, we discovered we had bedbugs in the home and several of our kitchen appliances stopped working. We just wanted to soak up time with our newborn and adjust to being a family of 4, but we had to address these problems to make sure our home was safe. Our family and friends pitched in to care for our kids while we made calls to trusted businesses and shopped for appliances.

Spiritual leaders helped me through a divorce.

When we moved to the area and didn't have relatives to count on in times of need, church members came to be a part of our family.



When facing custody issues, our lawyer helped inform, guide, and fight for our rights. This provided our family with what we considered to be the best.

My therapist listened to me and is someone who never gives up on me. I was given resources and positive feedback without judgment.

When experiencing the death of a family member, my immediate family helped with childcare and financial assistance.

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources

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Concrete Support in Times of Need

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Social and Emotional Competence of Children

The Value of Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Children who have these skills are likely to grow up to have healthier behaviors, better peer relationships and a higher capacity to respond to stress. Helping children to develop these skills can also improve family relationships and prevent abuse and neglect. When parent-child relationships are mutually rewarding, there is greater enjoyment, increased responsiveness, and decreased likelihood of maltreatment.

Everyday Actions that Help Build Social and Emotional Competence of Children

Concrete Examples of Everyday Actions

1 Can you share any tools or specific activities that you use when you talk to your children about their emotions?

- An emoji feelings chart
- Ask how they are feeling and listen
- Reassure them that they are loved
- Draw pictures and make "feelings" masks
- Use mindfulness practices/yoga together
- We use mirrors to recognize emotions

2 What are some ways you model nurturing and support to your children?

- Snuggling
- Active listening
- Allow space for emotions and confirm them
- Engaging in their interests
- For families with multiple kids: One-on-one relaxing time in nature
- Hugs are always important

3 What are some activities you have done with your child out in your community (perhaps sponsored by your school, house of worship, or other organization), that you feel may be contributing to your child's social-emotional development?

- Community classes (physical, mental, emotional, spiritual)
- Great outdoors/nature
- Volunteering
- Outings: museums, science centers, libraries and the zoo
- Playdates
- Creative expression opportunities (art, music, etc.)

4 How do you help your child celebrate who they are as a person? How do you help them celebrate and respect the uniqueness of others who may seem different or unfamiliar?

- Praise verbally
- Acknowledge their interests
- Acknowledge what makes them special (talents, abilities, attributes, etc.)
- Celebrate the uniqueness of their identity

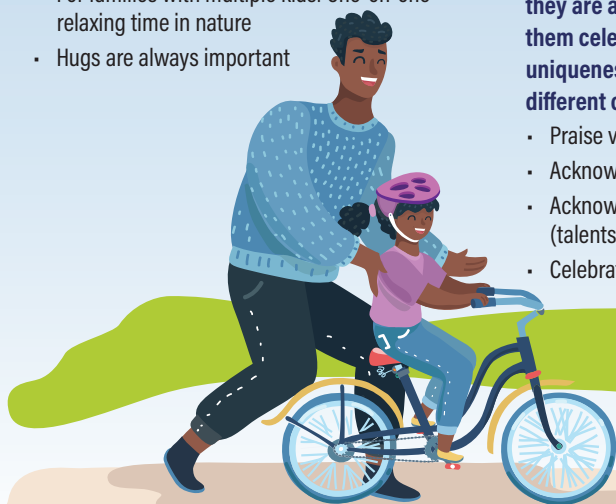
- 1 Help parents foster their child's social emotional development
- 2 Model nurturing support to children
- 3 Include children's social and emotional development activities in programming
- 4 Help children develop a positive cultural identity and interact in a diverse society
- 5 Respond proactively when social or emotional development seems to need support

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5 What do you do to help your child manage their emotions - working with them so that they can get to the next step?

- Pause to give them some direct attention
- Create a safe space for expression and to talk
- Give them some time to reflect
- Practice and model coping strategies or do breathing exercises
- Seek outside help if needed
- Share your experiences
- Label expressed emotions and talk through them together



Social and Emotional Competence of Children

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anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources)

Social and Emotional Competence of Children within the Framework

Social and Emotional Competence of Children is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Social and Emotional Competence might come in the form of a positive peer connection (Social Connections). It could show up when parents help children name and claim their emotions at all stages of development (Knowledge of Parenting and Child Development). A resilient parent might use everyday moments to sit, listen, and process things with their child when they are having a hard time (Parental Resilience).

The protective factors work together to help make your family strong!

Parents Help Define Social and Emotional Competence of Children

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Social and Emotional Competence of Children** – in ways that are meaningful for them.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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Colorado Department of Human Services – Children's Trust Fund

Help your child manage feelings and relationships. Help children develop skills so they can manage their emotions and build healthy relationships with their peers and adults.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Give your child words to express how they feel. Teaching your child to effectively communicate and interact builds relationships and makes your family strong.

New Hampshire Children's Trust

My child feels loved, has a sense of belonging and the ability to connect with others.

Prevent Child Abuse Arizona – Strengthening Families Arizona

All kids need to feel that they belong. To become successful adults, kids need to learn to communicate clearly, deal with their emotions and get along well with others.

Alaska Child Welfare Academy

Help your child manage feelings and relationships.

Hawaii Child and Family Services – The Parent Line

I know my child feels loved. I know how to help my child talk about their feelings.

Community Café Collaborative

My child feels loved, a sense of belonging, and can get along with others.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Helping Kids Understand Feelings – Showing your kids how to name, understand and manage emotions, express themselves and get along with others.

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ctfalliance.org/partnering-with-parents/anppc/#resources

Competencia Social y Emocional de los Niños

El valor de la competencia social y emocional de los niños

Interacciones entre la familia y el niño que ayudan a los niños a desarrollar la capacidad de comunicarse con claridad, reconocer y regular sus emociones y establecer y mantener relaciones.

Los niños que tienen estas habilidades probablemente crecerán para tener comportamientos más saludables, mejores relaciones con los compañeros y una mayor capacidad para responder al estrés. Ayudar a los niños a desarrollar estas habilidades también puede mejorar las relaciones familiares y prevenir el abuso y la negligencia. Cuando las relaciones entre padres e hijos son mutuamente gratificantes, existe un mayor gozo, una mayor capacidad de respuesta y una menor probabilidad de maltrato.

Acciones cotidianas que ayudan a desarrollar la Competencia Social y Emocional de los Niños

Ejemplos Concretos de Acciones Diarias

1 ¿Puede compartir alguna herramienta o actividad específica que utilice cuando habla con sus hijos sobre sus emociones?

- Una tabla de sentimientos de emoji
- Pregúnteles cómo se sienten y escuche.
- Asegúreles que son amados
- Dibujar y hacer máscaras de "sentimientos"
- Use prácticas de atención plena / yoga juntos
- Usamos espejos para reconocer emociones

2 ¿Cuáles son algunas de las formas en que modela la crianza y el apoyo a sus hijos?

- Acurrucarse
- Escucha activamente
- Deja espacio para las reafirme estas emociones
- Comprometiéndose en sus intereses
- Para familias con varios niños: tiempo de relajación individual en la naturaleza
- Los abrazos siempre son importantes

3 ¿Cuáles son algunas de las actividades que ha realizado con su niño o niña en su comunidad (quizás patrocinadas por su escuela, lugar de culto u otra organización) que cree que pueden estar contribuyendo al desarrollo socioemocional de su niño o niña?

- Clases comunitarias (físicas, mentales, emocionales, espirituales)
- Gran aire libre / naturaleza
- Trabajar como voluntario
- Paseos: museos, centros de ciencias, bibliotecas y zoológico
- Playdates
- Oportunidades de expresión creativa (arte, música, etc.)

4 ¿Cómo ayuda a su niño o niña a celebrar quiénes son como persona? ¿Cómo les ayuda a celebrar y respetar la singularidad de otras personas que pueden parecer diferentes o desconocidas?

- Alabar verbalmente
- Reconocer sus intereses
- Reconocer que los hace especiales (talentos, habilidades, atributos, etc.)
- Celebrar la singularidad de su identidad

- 1 Ayudar a padres de familia a fortalecer el desarrollo social y emocional de su niño
- 2 Modelar apoyo propicio a niños
- 3 Incluir actividades programadas de desarrollo social y emocional de los niños
- 4 Ayudar a los niños a desarrollar una identidad cultural positiva e interactuar en una sociedad diversa
- 5 Responder proactivamente cuando el desarrollo social o emocional parezca necesitar apoyo

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5 ¿Qué hace para ayudar a su niño o niña a manejar sus emociones, trabajando con ellos para que puedan dar el siguiente paso?

- Hacer una pausa para prestarles atención directa
- Crear un espacio seguro para expresarse y hablar
- Dárles algo de tiempo para reflexionar
- Practicar y modelar estrategias de afrontamiento o hace ejercicios de respiración
- Buscar ayuda externa si es necesario
- Compartir sus experiencias
- Etiquetar las emociones expresadas y hablan juntos sobre ellas



Competencia Social y Emocional de los Niños

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Recurso de ANPPC

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Para obtener más herramientas de padres a padres, visite
ctfalliance.org/partnering-with-parents/anppc/#resources

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Competencia Social y Emocional de los Niños en el Marco

La **Competencia Social y Emocional de los Niños** es uno de los cinco Factores de Protección. Cada uno de los factores de protección es esencial, pero lo más importante es lo que hacen juntos para desarrollar la fuerza y la estabilidad de las familias.

La Competencia Social y Emocional podrían venir en forma de una conexión positiva entre pares (Conexiones sociales). Se podría aparecer cuando los padres de familia ayudan a los niños a nombrar y reclamar sus emociones en todas las etapas del desarrollo (Conocimiento de Crianza y Desarrollo del Niño). Un padre de familia resiliente puede utilizar momentos de cada día para sentarse, escuchar y procesar las cosas con sus niños cuando están teniendo un momento difícil (Resiliencia de los Padres de Familia).

¡Los factores de protección trabajan juntos para ayudar a fortalecer a su familia!

Los padres de familia ayudan a definir la Competencia Social y Emocional de los Niños

Muchos grupos de padres de familia han definido los factores de protección de manera que se puedan relacionar con su comunidad y sus vidas. Estas ideas nos ayudan a apreciar y honrar las fortalezas de la familia en diversos entornos geográficos y culturales de todo el país. A continuación, se muestran algunas formas en las que los padres de familia han definido este factor protector – **la Competencia Social y Emocional de los Niños** – de manera significativa para ellos.

Departamento de Servicios Humanos de Colorado – Fondo Fiduciario para Niños

Ayude a su niño o niña a manejar los sentimientos y las relaciones. Ayude a los niños a desarrollar habilidades para que puedan manejar sus emociones y entablar relaciones saludables con sus compañeros y adultos.

Michigan Great Start Collaborative (Condados de Charlevoix, Emmet y Northern Antrim)

Dele a su niño palabras para expresar cómo se siente. Enseñe a su niño a comunicarse e interactuar de manera efectiva construyendo relaciones y fortaleciendo a su familia.

Fideicomiso para niños de New Hampshire

Mi niño se siente amado, tiene un sentido de pertenencia y la capacidad de conectarse con los demás.

Prevenga el abuso infantil en Arizonam – fortaleciendo a las familias en Arizona

Todos los niños necesitan sentir que pertenecen. Para convertirse en adultos exitosos, los niños deben aprender a comunicarse con claridad, lidiar con sus emociones y llevarse bien con los demás.

Academia de Bienestar Infantil de Alaska

Ayude a su niño a manejar los sentimientos y las relaciones.

Servicios para niños y familias de Hawái – la línea para padres de familia

Sé que mi hijo se siente amado. Sé cómo ayudar a mi niño a hablar sobre sus sentimientos.

Comunidad Café de Colaboración

Mi niño se siente amado, tiene un sentido de pertenencia y puede llevarse bien con los demás.

Junta de Prevención de Abuso y Negligencia Infantil de Wisconsin – Cinco para las familias (fiveforfamilies.org)

Ayudar a los niños a comprender los sentimientos: mostrarles a sus hijos cómo nombrar, comprender y manejar las emociones, expresarse y llevarse bien con los demás.

Definiendo los Cinco Factores de Protección

Se apoya a las familias a construir:

Resiliencia Parental

La habilidad de recuperarse de experiencias de vida difíciles, y a menudo salir fortalecido y aun transformado por esas experiencias.

Conexiones Sociales

La habilidad y oportunidad de desarrollar relaciones positivas que reduzcan el estrés y ayuden a desarrollar redes de apoyo.

Conocimiento de Crianza y Desarrollo del Niño

La habilidad de poner en práctica estrategias efectivas de crianza para guiar y conocer las expectativas del desarrollo de los niños en múltiples ámbitos (físico, cognitivo, lenguaje y social y emocional).

Apoyo Real en Momentos de Necesidad

Tener acceso a apoyos y servicios que reduzcan el estrés y ayude a fortalecer a las familias.

Competencia Social y Emocional de Niños

Interacciones de niños y familias que ayudan a los niños a desarrollar las habilidades de comunicarse claramente, reconocer y regular sus emociones y establecer y mantener relaciones.

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Knowledge of Parenting and Child Development

The Value of Knowledge of Parenting and Child Development

Strengthen parenting – Provide guidance, role modeling and information on parent and child development, including special support around children’s challenging behaviors.

Parents who have some knowledge of basic child development are likely to have more realistic expectations of their children. With that knowledge, parents are better able to provide an appropriate amount of nurturing, supervision and guidance. When parents understand their roles in their children’s lives and learn about specific parenting techniques and strategies, they can form positive relationships with their children and have options for appropriate responses to typical child behaviors.

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies
- 3 Provide information and resources on parenting and child development
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

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Everyday Actions that Help Build Knowledge of Parenting and Child Development

Concrete Examples of Everyday Actions

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies

What do you do with your child to promote/model healthy development at this stage in his/her life?

- Family-style meals
- Healthy eating
- Playgroups/playdates
- Create an environment for open conversation
- Learning enhancement (sports, dance, music)
- Use teachable moments
- Inform myself of age-appropriate expectations
- Read

“We are committed to having family-style dinners and using language that encourages kindness.”

“I let my child help me with household chores. He loves to stir, scoop and mold food in the kitchen, as well as help with cleanup. This gives us an opportunity to talk about healthy food, bond and take pride in the meal we will eat together. It also helps him develop a passion for a life skill he will need to be a successful adult.”

“I spend one-on-one quality time with each of my children.”

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

- 3 Provide information and resources on parenting and child development

Where do you go for help with parenting issues or to get information on child development?

- Friends and family
- Social media/Internet
- Child care teacher or director
- Nonprofits
- Local colleges or universities (child development instructors and programs)
- State department of health/social services
- Pediatrician
- Schools
- Faith community
- Pharmacist

“Sometimes I will post things on social media to see if other parents relate and have feedback. This helps me feel I am not alone and have options to discuss these things if I choose.”

“A local nonprofit helped identify tasks I was naturally doing that benefited my child’s development. When I had a concern or questioned my parenting, they were able to guide me and reinforce my decisions. This was crucial during my early days of parenting.”

“My child’s school has connected me with a network of parents I consistently turn to when I need advice – as our children have grown together.”

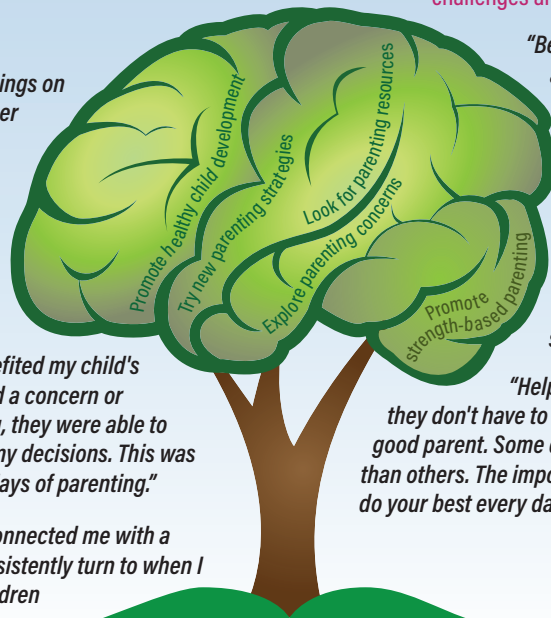
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

How can you help other parents recognize their strengths so they can build upon them?

- Share your personal story
- Point out that the resources are available for everyone – that includes YOU!!
- Point out the things parents are already doing well – what is strong, not what is wrong!
- Be there – walk through challenging situations with your parent friends; acknowledge similar challenges and actions

“Be willing to ask advice from parents you notice doing a great job. It’s important to share the spotlight with parents when they are successful.”

“Help parents realize they don’t have to be perfect to be a good parent. Some days are better than others. The important thing is to do your best every day.”



Knowledge of Parenting and Child Development

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Resource from the ANPPC

Knowledge of Parenting and Child Development within the Framework

Knowledge of Parenting and Child Development is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Knowledge of Parenting and Child Development might come in the form of relatable advice from peers experiencing the same ages and stages of children (Social Connections). It could show up when a parent is helping a child understand their responsibilities or role in everyday moments (Parental Resilience). It may even be when a parent helps a child process their big emotions or how they are feeling during significant moments (Social and Emotional Competence of Children).

The Protective Factors work together to help make your family strong!

Parents Help Define Knowledge of Parenting and Child Development

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Knowledge of Parenting and Child Development** – in ways that are meaningful for them.

Colorado Department of Human Services – Children's Trust Fund

Grow your knowledge of parenting and child development. There is no perfect parent, but know what to expect does make the job easier.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Learn to be your child's expert. Being a parent is part natural and part learned. Parent education makes your family strong.

New Hampshire Children's Trust

I know what my child needs as she grows and develops.

Prevent Child Abuse Arizona – Strengthening Families Arizona

Parents are a child's first and best teachers. When parents know how children grow and learn and use good parenting strategies, they can help their kids reach their full potential.

Alaska Child Welfare Academy

Learn more so that you can parent better.

Hawaii Child and Family Services – The Parent Line

I know my child best. I know my child is developing to their potential.

Community Café Collaborative

I am attuned or responsive to what my child needs so she/he has the freedom to grow and develop.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Parenting As Children Grow – Learning how to support your child's growth at every age and stage.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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Conocimiento de Crianza y el Desarrollo del Niño

El valor del conocimiento sobre la crianza y el desarrollo del niño

- 1 Modelar interacciones adecuadas de desarrollo con los niños
- 2 Proveer información y recursos en el desarrollo y crianza de los niños
- 3 Alentar la exploración de asuntos crianza y sus preocupaciones
- 4 Proveer oportunidades para intentar nuevas estrategias de crianza
- 5 Manejar asuntos de crianza desde la perspectiva basada en la fortaleza

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Fortalecer la crianza de los hijos - brindar orientación, modelos a seguir e información sobre el desarrollo de los padres de familia y los niños, incluido un apoyo especial en torno a los comportamientos desafiantes de los niños.

Es probable que los padres de familia que tienen algún conocimiento del desarrollo infantil básico tengan expectativas más realistas de sus hijos. Con ese conocimiento, ellos están en mejores condiciones de brindar una cantidad adecuada de cariño, supervisión y orientación. Cuando los padres de familia comprenden sus roles en la vida de sus hijos y aprenden sobre técnicas y estrategias de crianza específicas, pueden formar relaciones positivas con sus hijos y tener opciones para las respuestas apropiadas a los comportamientos típicos de los niños.

Acciones diarias que ayudan a generar conocimientos sobre el desarrollo de padres de familia e hijos

Ejemplos concretos de acciones diarias

- 1 Modele interacciones apropiadas para el desarrollo con los niños.
- 2 Brindar oportunidades para probar nuevas estrategias de crianza.

¿Qué hace con su hijo para promover / modelar un desarrollo saludable en esta etapa de su vida?

- Comidas familiares
- Alimentación saludable
- Grupos de juego / citas de juego
- Crea un ambiente para una conversación abierta
- Mejora del aprendizaje (deportes, danza, música)
- Use momentos de enseñanza
- Informarme de las expectativas apropiadas para mi edad.
- Leer

"Estamos comprometidos a tener cenas al estilo familiar y a utilizar un lenguaje que fomente la bondad".

"Dejo que mi hijo me ayude con las tareas del hogar. Le encanta remover, recoger y moldear la comida en la cocina, así como ayudar con la limpieza. Esto nos da la oportunidad de hablar sobre alimentos saludables, crear vínculos y estar orgullosos de la comida que comeremos juntos. También le ayuda a desarrollar una pasión por una habilidad para la vida que necesitará para ser un adulto exitoso".

"Paso tiempo de calidad uno a uno con cada uno de mis hijos".

Para obtener más herramientas de padres a padres, visite

ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

- 3 Proporcionar información y recursos sobre la crianza de los hijos y el desarrollo infantil.

¿A dónde va para obtener ayuda con los problemas de la crianza de los hijos o para obtener información sobre el desarrollo infantil?

- Amigos y familia
- Redes sociales/Internet
- Maestro o director de cuidado infantil
- Organizaciones sin fines de lucro
- Colegios o universidades locales (instructores y programas de desarrollo infantil)
- Departamento de salud/servicios sociales del estado
- Pediatra
- Escuelas
- Comunidad de fe
- Farmacéutico

"A veces publico cosas en las redes sociales para ver si otros padres de familia se relacionan y tienen comentarios. Esto me ayuda a sentir que no estoy solo y que tengo opciones para discutir estas cosas si así lo elijo".

"Una organización sin fines de lucro local me ayudó a identificar las tareas que naturalmente estaba haciendo y que beneficiaron el desarrollo de mi hijo. Cuando tuve inquietudes o cuestioné mi paternidad, pudieron guiarme y reforzar mis decisiones. Esto fue crucial durante mis primeros días como padres de familia".

"La escuela de mi hijo me ha conectado con una red de padres a los que recorro constantemente cuando necesito un consejo, ya que nuestros hijos han crecido juntos".

- 4 Fomentar la exploración de problemas o preocupaciones de los padres de familia.
- 5 Abordar los problemas de la crianza de los hijos desde una perspectiva basada en las fortalezas.

¿Cómo puede ayudar a otros padres de familia a reconocer sus fortalezas para que puedan aprovecharlas?

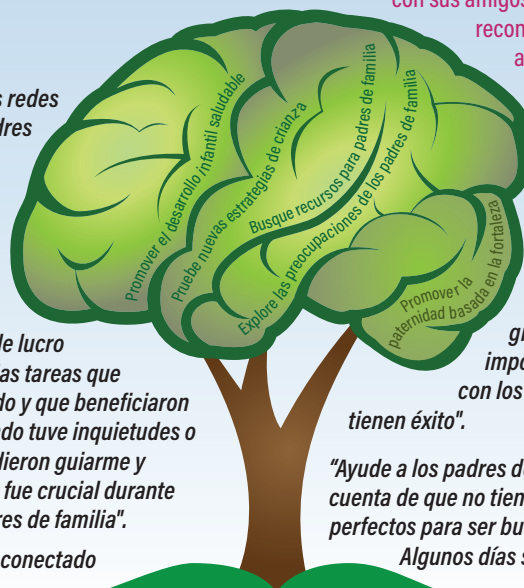
- Comparta su historia personal.
- Señale que los recursos están disponibles para todos, ¡eso lo incluye a USTED!
- Señale las cosas que los padres de familia ya están haciendo bien; ¡lo que es fuerte, no lo que está mal!
- Esté presente: atravesese situaciones desafiantes con sus amigos padres;

reconocer desafíos y acciones similares.

"Esté dispuesto a pedir consejo a los padres de familia que nota que están haciendo un gran trabajo. Es importante compartir con los padres cuando tienen éxito".

"Ayude a los padres de familia a darse cuenta de que no tienen que ser perfectos para ser buenos padres.

Algunos días son mejores que otros. Lo importante es esforzarse al máximo todos los días".



Conocimiento de Crianza y el Desarrollo del Niño

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Recurso de ANPPC

Conocimiento del Desarrollo de Padres de Familia e Hijos dentro del Marco

El Conocimiento de la Crianza y el Desarrollo del Niño es uno de los cinco factores de protección. Cada uno de los factores de protección es esencial, pero lo más importante es lo que hacen juntos para desarrollar fuerza y estabilidad en las familias.

El Conocimiento de Crianza y Desarrollo del Niño puede venir en forma de consejos identificables de compañeros que experimentan las mismas edades y etapas de los niños (Conexiones Sociales). Podría aparecer cuando un padre de familia está ayudando a un niño a comprender sus responsabilidades o su papel en los momentos diarios (Resiliencia de Padres de Familia). Incluso puede ser cuando un padre ayuda a un niño a procesar sus grandes emociones o cómo se sienten durante momentos importantes (Competencia Social y Emocional de los Niños).

¡Los factores protectores trabajan juntos para ayudar a fortalecer a su familia!

¡Los factores protectores trabajan juntos para ayudar a fortalecer a su familia!

Muchos grupos de padres de familia han definido los factores de protección de manera que se puedan relacionar con su comunidad y sus vidas. Estas ideas nos ayudan a apreciar y honrar las fortalezas de la familia en diversos entornos geográficos y culturales de todo el país. A continuación, se muestran algunas formas en que los padres de familia han definido este factor de protección: el conocimiento de la crianza y el desarrollo del niño, de manera significativa para ellos.

Departamento de Servicios Humanos de Colorado – Fondo Fiduciario para Niños

Aumente su conocimiento sobre la paternidad y el desarrollo infantil. No hay un padre de familia perfecto, pero saber qué esperar facilita el trabajo.

Michigan Great Start Collaborative (Condados de Charlevoix, Emmet y Northern Antrim)

Aprenda a ser el experto de su hijo. Ser padre es en parte natural y en parte aprendido. La educación de los padres fortalece a su familia.

Fideicomiso para niños de New Hampshire

Sé lo que mi hijo necesita a medida que crece y se desarrolla.

Prevenga el abuso infantil en Arizona – fortaleciendo a las familias de Arizona

Los padres de familia son los primeros y mejores maestros de un niño. Cuando los padres de familia saben cómo crecen y aprenden los niños y cómo usan buenas estrategias de crianza, pueden ayudar a sus hijos a alcanzar su máximo potencial.

Academia de Bienestar Infantil de Alaska

Obtenga más información para que pueda ser un mejor padre.

Servicios para niños y familias de Hawái – la línea para padres

Conozco mejor a mi hijo. Sé que mi hijo se está desarrollando a su potencial.

Colaborativo Café Comunitario

Estoy en sintonía o respondo a lo que mi hijo necesita para que tenga la libertad de crecer y desarrollarse.

Junta de Prevención de Abuso y Negligencia Infantil de Wisconsin – Cinco para las familias (fiveforfamilies.org)

Crianza de los hijos mientras los niños crecen: aprender a apoyar el crecimiento de su hijo en todas las edades y etapas.

Definiendo los Cinco Factores de Protección

Se apoya a las familias a construir:

Resiliencia Parental

La habilidad de recuperarse de experiencias de vida difíciles, y a menudo salir fortalecido y aun transformado por esas experiencias.

Conexiones Sociales

La habilidad y oportunidad de desarrollar relaciones positivas que reduzcan el estrés y ayuden a desarrollar redes de apoyo.

Conocimiento de Crianza y Desarrollo del Niño

La habilidad de poner en práctica estrategias efectivas de crianza para guiar y conocer las expectativas del desarrollo de los niños en múltiples ámbitos (físico, cognitivo, lenguaje y social y emocional).

Apoyo Real en Momentos de Necesidad

Tener acceso a apoyos y servicios que reduzcan el estrés y ayude a fortalecer a las familias.

Competencia Social y Emocional de Niños

Interacciones de niños y familias que ayudan a los niños a desarrollar las habilidades de comunicarse claramente, reconocer y regular sus emociones y establecer y mantener relaciones.

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National Parent Partnership Council (ANPPC)

ctfalliance.org/partnering-with-parents/anppc/#resources

The Child Abuse Prevention Center invites you to join us in the **Strengthening Families Approach** mobilizing partners, communities, and families to build family strengths, promote optimal child development, and reduce child abuse and neglect through

The **Protective Factors** that strengthen families

Knowledge of Parenting and Child Development: Accurate information about raising young children and appropriate expectations for their behavior at every age help parents see their children and youth in a positive light.

Parental Resilience: The ability to cope and bounce back from all types of challenges that emerge in every family's life.

Social Connections: Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents.

Concrete Support in Times of Need: Ability of families to meet their basic needs for food, clothing, housing, and transportation – and who know how to access essential services such as child care, health care, and mental health services.

Social and Emotional Competence of Children: Children's emerging ability to interact positively with others, self-regulate their behavior, and effectively communicate their feelings has a positive impact on their relationships with their family, other adults and peers. As children grow, nurturing by parents and other caregivers remains important for healthy physical and emotional development.

Information and Resource Line (916) 244-1906 or thecapcenter.org

Sources: Center for the Study of Social Policy | Strengthening families A Protective Factors Framework | www.strengtheningfamilies.net

Strengthening Families

Daily Acts of Kindness Towards Children

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read to your child.	Compliment and encourage children.	Allow your child options.	Listen to your children's stories and dreams.	Praise your children for what they are doing well.	Sing a song with your child.	Color a special picture with your child. Hang it on the refrigerator.
Go for a family bike ride.	Set aside time each day to focus entirely on your child.	Plant a garden together.	Create an art and craft activity that you can do with your child.	Take your child to the zoo.	Help your child pick out old toys to give away.	Play your child's favorite game.
Make cookies with your child.	Hug your children for no reason.	Turn up the radio and dance together.	Do something relaxing with your child like get a pedicure together.	Take your children to visit a fire station.	Teach your children to resolve conflicts peacefully.	Go for a long walk together.
Teach your child words to describe their feelings.	Rent a family movie and share a bowl of popcorn.	Build a fort in your living room with your child.	Go to the park with your child.	Ask your Children what was the best part of their day.	Tell your children "I love you."	Take your children on a picnic.
Make Sunday dinner together as a family.	Ask your children about their favorite subject in school.	Plan an activity with another family.	Invite your child's friends over to your house.	Take your child to the library and check out a special book.	Make Friday night Family Night!	Help your child send a note, picture, or card to someone they appreciate.



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Information and Resource Line (916) 244-1906 or thecapcenter.org

The Child Abuse Prevention Center le invita a unirse a nosotros en el **Enfoque del Fortalecimiento de las Familias** movilizándolo a socios, las comunidades y las familias para construir fortalezas de la familia, promover el desarrollo óptimo de los niños y reducir el abuso y el abandono infantil a través de

Los **Factores de Protección** que fortalecen a las familias

El Nutrir y el Apego: Cuando los niños crecen, el nutrir de los padres y otros cuidadores sigue siendo importante para un sano desarrollo físico y emocional.

Conocimiento Sobre la Crianza y el Desarrollo de los Niños: La información adecuada sobre el desarrollo de los niños y las expectativas apropiadas para su comportamiento a cada edad ayuda a los padres a ver a sus hijos en una manera positiva.

Resiliencia de los Padres: La capacidad para manejar y recuperarse de todo tipo de desafíos que surgen en la vida de cada familia.

Conexiones Sociales: Amigos, miembros de la familia, vecinos, y miembros de la comunidad que brindan apoyo emocional, ayudan a resolver problemas, ofrecen consejos de paternidad y asistencia concreta a los padres.

Apoyo Concreto para los Padres: La capacidad de la familia para satisfacer las necesidades económicas básicas tales como alimento, ropa, vivienda, y transportación – y que sepan cómo obtener acceso a servicios esenciales como el cuidado de niños, cuidado de la salud, y servicios de salud mental.

Competencia Social y Emocional de los Niños : La capacidad de los niños para interactuar positivamente con los demás, autorregular su comportamiento, y efectivamente comunicar sus sentimientos tiene un impacto positivo en sus relaciones con sus familiares, otros adultos y compañeros.

Fortalecimiento de Familias

Actos de bondad hacia los niños

Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
Leer a sus hijos.	Felicitar y animar a sus hijos.	Dar opciones a sus hijos.	Escuche las historias de sus niños y sus sueños.	Reconozca las cosas positivas que hacen sus hijos.	Cante una canción con sus hijos.	Haga un dibujo especial de usted con su hijo y cuélguelo en el refrigerador.
Vaya a un paseo familiar en bicicletas.	Asigne un tiempo especial cada día para enfocarse solamente en su hijo.	Plantar un jardín juntos.	Crear una actividad de arte que pueda hacer con su hijo.	Lleve a sus hijos al zoológico.	Ayude a sus hijos a escoger juguetes viejos para regalar.	Juegue el juego favorito de sus hijos.
Haga galletas con sus hijos.	Abrase a sus hijos sin razón alguna.	Suba la música del radio y bailen todos juntos.	Haga algo relajante con sus hijos.	Lleve a sus hijos a visitar la estación de bomberos.	Enseñe a sus hijos como resolver conflictos en paz.	Lleve a la familia a una larga caminata juntos.
Enseñe a sus hijos palabras que describan sus sentimientos.	Rente una película familiar y compartan palomitas.	Construya una casa con sus hijos en la sala.	Vaya a un parque con sus hijos.	Pregúnteles a sus hijos que fue la mejor parte de su día.	Dígales a sus hijos "Te quiero".	Lleve a sus hijos a un picnic.
Haga la cena del Domingo con toda su familia.	Pregúnteles a sus hijos cual es su tema favorito en la escuela.	Planea una actividad con otra familia.	Invite a los amigos de sus hijos a su casa.	Lleve a sus hijos a la biblioteca y escojan un libro especial para llevar a casa.	Convierta la noche de Viernes en noche familiar!!!	Ayude a su hijo a enviar una nota, foto o tarjeta a alguien que aprecien.



My Family Checklist

1

Parental Resilience

Resilient parents are able to properly manage all challenges that their family faces. This means creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed. Parents who are able to cope with the challenges of everyday life, as well as an occasional crisis, have resilience.

2

Social Connections

Connections help families stay strong, get through the hard times, and provide emotional support. Parents need friends. Having social connections you can rely on is important for every family. This doesn't mean that you have to have hundreds of people in your life—just a few people to lean on, learn from, and laugh with.

3

Concrete Support

Support is access to community resources so parents can devote more time and energy to their children's safety and well-being. All families could use a little help sometimes. Knowing where to turn to meet basic needs keeps the family unit strong. Concrete supports can be family, friends, neighbors, or they can be more tangible items such as clothing, food, shelter, clothing and health care.

4

Social and Emotional Competence of Children

Social and emotional competence is a child's ability to interact positively with others, self-regulate behavior, and effectively communicate feelings. Mindfulness in children positively impacts relationships throughout life. When we foster mindfulness, children are better able to understand and communicate with the world around them.

5

Knowledge of Parenting and Child Development

When parents are aware of their child's milestones, they are better equipped to understand behaviors and know how to respond. Accurate information about child development and expected behaviors helps parents provide an appropriate amount of nurturing, supervision, and guidance. Information can come from family members, parent education classes, public libraries, and much more.



Parent Groups Translate the Protective Factors

The Strengthening Families™ Protective Factors Framework is the basis for a national and an international movement to help families expand the factors in their lives that keep them strong. This strength-based approach resonates with individuals, families, communities, organizations, businesses, large state systemic efforts and national level efforts to support all the basic needs and rights of children and families.

It resonates deeply with parents – so much so that many parent groups have put the five protective factors into their own everyday language. The translations shared here help us to appreciate and honor family strengths in diverse geographical and cultural settings from across the country.



Many parent groups have developed materials to help them remember all five of the protective factors. The composites shared here include a business card (above left) from Utah's The Gentleman Project; a poster (above center) from Michigan Great Start Collaborative; the number "5" (above right) from Tennessee's Child Care Resource and Referral Network; and a family checklist (right) from New Hampshire Children's Trust.

What Is a Protective Factor?

A protective factor is a characteristic that makes a parent, child or family more likely to thrive and less likely to experience a negative outcome. It may be helpful to think of protective factors as characteristics that help children and families thrive and help balance any risk factors they may have in their lives.

The Alliance's *Bringing the Protective Factors to Life in Your Work* curriculum explains that the five Strengthening Families™ Protective Factors were identified by the Center for the Study of Social Policy (CSSP) after an extensive review of the research regarding family strengthening and child abuse and neglect prevention. The framework was introduced by the CSSP in 2003. By 2007, the Alliance was working with more than 30 states that were implementing this approach through its Early Childhood Initiative. Today, the Alliance and CSSP jointly support the Strengthening Families National Network.

According to the Alliance's protective factors training, these are not the only protective factors that keep families strong. They were selected because they can be built through interaction with the people and systems that families encounter in their day-to-day lives. In Strengthening Families™ **all families** are included, because all families need some support in building their protective factors.



Alliance National Parent Partnership Council



need2know
Resource from the ANPPC

Parent Translations:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Many parent groups have translated the Parental Resilience protective factor into their own language. These translations help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country.

Prevent Child Abuse Arizona – Strengthening Families Arizona

<https://www.pcaaz.org/strengtheningfamilies>

Parenting is challenging. Having resilience means being flexible, managing stress in healthy ways and giving yourself permission to make mistakes.



New Hampshire Children's Trust

<http://www.nhchildrenstrust.org>

I can handle challenges with flexibility and take time to recharge.



The Gentleman Project: Stronger Fathers – Stronger Families – A Stronger World (Utah)

www.thegentlemanproject.org

Don't give up!

Michigan Great Start Collaborative Charlevoix, Emmet and Northern Antrim Counties

www.whatmakesyourfamilystrong.org

Exercise flexibility and develop inner strength.
Flexibility and Inner Strength = Resilience
Resilience makes your family STRONG.



Colorado Department of Human Services – Children's Trust Fund

www.CO4Kids.org

Be strong in the face of stress.

Philadelphia's Department of Human Services

www.phila.gov/dhs

Improving Outcomes for Children

Willow trees are known for their ability to bend without breaking. They're strong and flexible, which is what you need to be to deal with everyday stresses. You may not be able to totally change your life to escape adversity, but you can change how you deal with it. Stay strong and build up your resources to be resilient when a crisis confronts your family.

Strengthening Families Illinois

www.strengtheningfamiliesillinois.org

Be strong and flexible.

Be Strong Families – Protective Factors for Dads

www.bestrongfamilies.net

Be a strong and flexible father:

- Part of being a great dad is being able to roll with the punches.
- As a man helping raise a family, there's a lot of pressure to be the ultimate provider and in some cases the sensitive partner. Times may be tough, but even if we're not punching a time card every day, we have to be secure in our role as a dad, because it's a job you'll never be laid off from.
- But everyday life impacts us all – we have to be able to take the good and bad in stride and be able to bounce back when life happens. We don't have to be perfect. We need to be the best we can be for our family and kids.

Community Café Collaborative

<http://thecommunitycafe.com>



I will continue to have courage during stressful times or after a crisis.

Alaska Child Welfare Academy

www.strengtheningfamilies.alaska.gov

Be strong, not stressed.

Hawaii Child and Family Service

www.childandfamilyservice.org

The Parent Line

I am a strong parent. I know someone who I can talk to who understands my parenting style.

Child Care Resource and Referral – Tennessee Network

http://www.tnccrr.org/strengthening_families/purpose.php

Be strong and flexible.



Alliance National Parent Partnership Council



need2know
Resource from the ANPPC

Parent Translations:

Knowledge of Parenting and Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

Many parent groups have translated the Knowledge of Parenting and Child Development protective factor into their own language. These translations help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country.

Hawaii Child and Family Service

www.childandfamilyservice.org

The Parent Line

I know my child best. I know my child is developing to their potential.

Colorado Department of Human Services – Children’s Trust Fund

www.C04Kids.org

Grow your knowledge of parenting and child development. There is no perfect parent, but knowing what to expect does make the job easier.

Child Care Resource and Referral – Tennessee Network

http://www.tnccrr.org/strengthening_families/purpose.php

Know how children grow.

Philadelphia’s Department of Human Services

www.phila.gov/dhs

Improving Outcomes for Children

You already know a lot about being a great parent, but there’s always more to learn. By understanding how children develop physically and emotionally, you can know what to expect as your kids grow up. You can also learn from other parents (as well as experts) effective strategies for handling kids’ challenging behaviors without harsh punishment.



The Gentleman Project: Stronger Fathers – Stronger Families – A Stronger World (Utah)

www.thegentlemanproject.org

Know your kids/yourself.

Michigan Great Start Collaborative Charlevoix, Emmet and Northern Antrim Counties

www.whatmakesyourfamilystrong.org



Learn to be your child’s expert. Being a parent is part natural and part learned. Parent education makes your family strong.

Alaska Child Welfare Academy

www.strengtheningfamilies.alaska.gov

Learn more so that you can parent better.

Prevent Child Abuse Arizona – Strengthening Families Arizona

<https://www.pcaaz.org/strengtheningfamilies>

Parents are a child’s first and best teachers. When parents know how children grow and learn and use good parenting strategies, they can help their kids reach their full potential.



Strengthening Families Illinois

www.strengtheningfamiliesillinois.org

Being a great parent is part natural and part learned.

Be Strong Families – Protective Factors for Dads

www.bestrongfamilies.net

Being a great dad is part natural and part learned:

- Nobody was born with all the answers. Take a look at that book your wife or girlfriend bought.
- But don’t forget...you have a connection with your child as well. Trust your instincts.
- Think about what you learned growing up. Personal childhood experiences have a great impact on each one of us – be aware of them. Trust in yourself, but if you have a question...ask or look it up.
- Use what you know and educate yourself on how to be the best dad you can be.



Community Café Collaborative

<http://thecommunitycafe.com>

I am attuned or responsive to what my child needs so she/he has the freedom to grow and develop.



Alliance National Parent Partnership Council



need2know
Resource from the ANPPC

Parent Translations:

Concrete Support in Times of Need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

Many parent groups have translated the Concrete Support in Times of Need protective factor into their own language. These translations help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country.

Colorado Department of Human Services – Children's Trust Fund

www.CO4Kids.org

Ask for support when you need it. Some problems are too big to solve alone. Knowing where to get help in the community can make life easier.

Michigan Great Start Collaborative Charlevoix, Emmet and Northern Antrim Counties

www.whatmakesyourfamilystrong.org

Ask for help. Meeting your needs through community support and resources makes your family strong.



Community Café Collaborative

<http://thecommunitycafe.com>

My family has access to basic needs including access to services such as mental health support.

Child Care Resource and Referral – Tennessee Network

http://www.tnccrr.org/strengthening_families/purpose.php

Know how to find help.

Philadelphia's Department of Human Services

www.phila.gov/dhs

Improving Outcomes for Children

Sometimes you have to look beyond friends and family for help, especially if you're confronting a serious crisis, such as a death in the family or the loss of a job. Being able to ask for help is important to get connected to services you need, whether it's job training, food assistance, or mental health services.



The Gentleman Project: Stronger Fathers – Stronger Families – A Stronger World (Utah)

www.thegentlemanproject.org

Ask for help.

Strengthening Families Illinois

www.strengtheningfamiliesillinois.org

Everybody needs help sometimes.

Be Strong Families – Protective Factors for Dads

www.bestrongfamilies.net

We all need help sometimes:

- We can't handle it all ourselves, so don't be afraid to ask for what you need; a coat, a couple bucks, a meal, a break...or take advantage of the resources at your school, church, or childcare provider's.
- A lot of times we feel painted into a corner because we can't provide the basic necessities for our family. BUT...if you're humble. If you're willing to ask for what you need or know where to get it, help is usually there. Wouldn't you try to help if someone you knew asked you for some-thing? See what I mean?

Alaska Child Welfare Academy

www.strengtheningfamilies.alaska.gov

Get help when you need it.

Prevent Child Abuse Arizona – Strengthening Families Arizona

<https://www.pcaaz.org/strengtheningfamilies>

We all need a little help sometimes. When parents know where to get help when they need it, they face challenges more easily.



Hawaii Child and Family Service

www.childandfamilyservice.org

The Parent Line

I know where to find help. I know how to get my family's basic needs.



Alliance National Parent Partnership Council



need2know
Resource from the ANPPC

Parent Translations: Social Connections

Positive relationships that provide emotional, informational, instrumental and spiritual support.

Many parent groups have translated the Social Connections protective factor into their own language. These translations help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country.



The Gentleman Project: Stronger Fathers – Stronger Families – A Stronger World (Utah)

www.thegentlemanproject.org

Know other dads.

Colorado Department of Human Services – Children’s Trust Fund

www.CO4Kids.org

Nurture caring friendships. Having a network of friends and family helps us feel secure, confident and empowered.

Hawaii Child and Family Service

www.childandfamilyservice.org

The Parent Line

I am connected. I know what to do and how to deal with stressful situations.

Philadelphia’s Department of Human Services

www.phila.gov/dhs

Improving Outcomes for Children

You need friends just as much as your kids do. An informal network of trusted friends can help you in a number of ways. They can provide emotional support during difficult times. They can brainstorm with you about problems. And they can give and receive backup childcare or help carpool your kids to practices and other activities.

Michigan Great Start Collaborative Charlevoix, Emmet and Northern Antrim Counties

www.whatmakesyourfamilystrong.org

Make a friend. Connecting with friends builds a support system and makes your family strong.



Strengthening Families Illinois

www.strengtheningfamiliesillinois.org

Parents need friends.

Be Strong Families – Protective Factors for Dads

www.bestrongfamilies.net

Dads need healthy friendships:

- Dads need to blow off steam too.
- It seems like our wives or girlfriends can call up their girlfriends to “gab” and get things off their chests. It’s not as easy for us. We need opportunities to be with our friends outside of the boundaries of our relationship or just to have our own alone time to filter the day, watch a ball-game or something.
- Spending some time with other dads creates an opportunity to get some of our own issues into the open. We don’t need to escape, but we need to find ways to share our common issues/experiences with other guys (dads or not!). Beware: we all have those friends that aren’t always the best influences.



Community Café Collaborative

<http://thecommunitycafe.com>

I have people who know me – friends – and at least one person who supports my parenting.

Child Care Resource and Referral – Tennessee Network

http://www.tnccrr.org/strengthening_families/purpose.php

Have friends.

New Hampshire Children’s Trust

<http://www.nhchildrenstrust.org>

I have friendships with people who support me and my parenting.

Prevent Child Abuse Arizona – Strengthening Families Arizona

<https://www.pcaaz.org/strengtheningfamilies>

All parents need support. Building relationships is an important way to get the connection and support we all need.



Alaska Child Welfare Academy

www.strengtheningfamilies.alaska.gov

Get and give support.



Alliance National Parent Partnership Council



www.ctfalliance.org

need2know
Resource from the ANPPC

Parent Translations: Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Many parent groups have translated the Social and Emotional Competence of Children protective factor into their own language. These translations help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country.



Community Café Collaborative

<http://thecommunitycafe.com>

My child feels loved, a sense of belonging and can get along with others.

Child Care Resource and Referral – Tennessee Network

http://www.tnccrr.org/strengthening_families/purpose.php

Help children handle their feelings.

The Gentleman Project: Stronger Fathers – Stronger Families – A Stronger World (Utah)

www.thegentlemanproject.org

Be actively engaged.

New Hampshire Children's Trust

<http://www.nhchildrenstrust.org>

My child feels loved, has a sense of belonging and the ability to connect with others.

Colorado Department of Human Services – Children's Trust Fund

www.CO4Kids.org

Help your child manage feelings and relationships. Help children develop skills so they can manage their emotions and build healthy relationships with their peers and adults.

Prevent Child Abuse Arizona – Strengthening Families Arizona

<https://www.pcaaz.org/strengthening-families>

All kids need to feel that they belong. To become successful adults, kids need to learn to communicate clearly, deal with their emotions and get along well with others.

Philadelphia's Department of Human Services

www.phila.gov/dhs

Improving Outcomes for Children

All kids go through dramatic physical, social, and emotional changes as they mature. They may resist talking to adults or spend less time with the family. They may act out. Luckily, you have a big role to play in helping your child develop positive ways to deal with their feelings as well as social skills. You can talk openly about your feelings and, more importantly, invite them to share their feelings with you. When they communicate their feelings appropriately and interact positively with adults, your kids will have fewer conflicts, and you and your family will feel less stress.

Strengthening Families Illinois

www.strengtheningfamiliesillinois.org

Parents need to help their children communicate.

Be Strong Families – Protective Factors for Dads

www.bestrongfamilies.net

Dads need to communicate and help their children to communicate:

- As your child is growing up, you need to step up to help them develop. Not just as babies, but as respectful young men and women.
- It's not just expressing oneself...but doing it in a way that is based in integrity and respect.
- And remember...your children are watching you. If you drop f-bombs all day or are quick to throw down, it shouldn't be a surprise when your son or daughter is prone to do the same.
- To your child...you're usually the coolest person they know. And the person they want to spend the most time with. You'll always be their rock star or star player...as long as you don't drop the ball. With that in mind, represent. Nurture that relationship.
- Remember that your child is growing up to be an independent, thinking person, with their own opinions and ideas of the world. Don't be afraid to show them your perspective...and it's not counterproductive to respect their position...doesn't mean you have to agree or do what they say!



Michigan Great Start Collaborative Charlevoix, Emmet and Northern Antrim Counties

www.whatmakesyourfamilystrong.org

Give your child words to express how they feel. Teaching your child to effectively communicate and interact builds relationships and makes your family strong.

Hawaii Child and Family Service

www.childandfamilyservice.org

The Parent Line

I know my child feels loved. I know how to help my child talk about their feelings.

Alaska Child Welfare Academy

www.strengtheningfamilies.alaska.gov

Help your child manage feelings and relationships.



Alliance National Parent Partnership Council



need2know
Resource from the ANPPC