



What can you do?

Support Families

PROTECTIVE FACTORS HELP FAMILIES THRIVE

For many years the child abuse prevention field focused primarily on risk—how likely abuse or neglect might occur when risk factors are present. Risks, such as poverty, trauma, and disabilities, among others, are known to contribute to the likelihood that a child might be abused or neglected.

Yet most families—even those in risk—do not abuse or neglect their children. Certain conditions, when present in families' lives, help them to overcome the odds that could otherwise lead to tragedy. Those conditions are protective factors. Support families in the following ways to create better tomorrows for all children! Learn more at friendsnrc.org.

1

Parental Resilience

Having adaptive skills and strategies to persevere in times of crisis

- Help parents and caregivers see their strengths and find solutions to their problems by building on those strengths.
- Focus on flexibility and help parents learn how to bounce back from difficult situations.



2

Social Connection

Connections with other adults reduces stress

- Give families a safe place to gather and make friends.
- Host or sponsor child and family events, such as health fairs, reading nights, and block parties.
- Encourage your place of worship, school, daycare, and work to do the same.

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3 Knowledge of Parenting and Child Development

Use positive parenting strategies with age-appropriate expectations

- Share information with parents and caregivers on child development and appropriate discipline strategies
- Start a lending library of books and toys that will help parents understand the ages and stages that their child is going through

4 Concrete Supports in Time of Need

Families have access to tangible goods and services to meet needs

- Link families to needed community services in a time of crises with a positive and respectful manner
- Offer support to a caregiver who is under stress through babysitting, making a meal or active listening

5 Social Emotional Competence

The ability of a child to self-regulate appropriately

- Teach children to recognize and express their feelings along with providing opportunities to practice
- Help children learn how to share, cooperate and take turns. Seek support for challenging behaviors to reduce stress for the family

6 Parent - Child Relationship

Strong bonds build resilience

- Provide opportunities for parents and children to spend fun time together. Emphasize the importance of connectedness for all adults in a child's life
- Support home visiting programs in your area such as Healthy Families, Head Start and Parents as Teachers which provide parents with early bonding experiences