

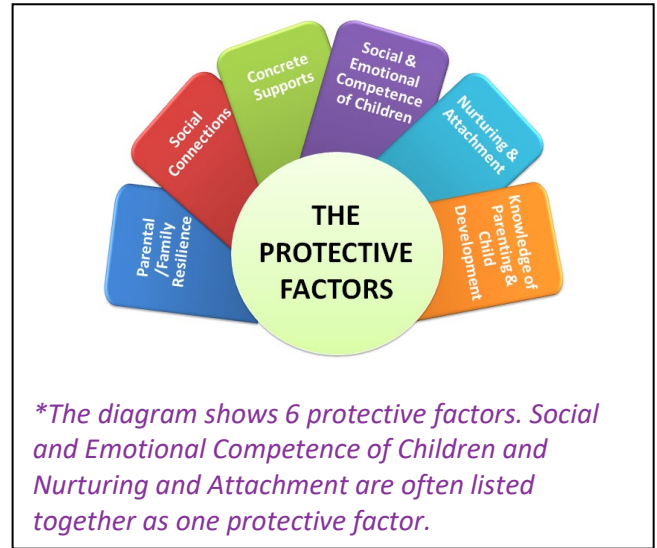
# STRENGTHEN FAMILIES LOCALLY



## Protective Factor Framework

Strengthening Families Washington at the Washington State Department of Children, Youth, and Families (DCYF) supports optimal child and family development efforts by utilizing the Strengthening Families Protective Factors Framework developed by the Center for the Study of Social Policy.

Research shows that these protective factors are also “promotive” factors that build family strength and a family environment that promotes optimal child and youth development. By providing parents, child care professionals and others who work with children more information about these protective factors, we can help build these protective factors in families.



Protective Factor:	Core Meaning:	Example Indicators in Families:
Increase parents'/caregivers' <b>knowledge of parenting and child development.</b>	Understanding child development and parenting strategies that support physical, cognitive, social and emotional development.	Having appropriate developmental expectations for children. Understanding the importance of being attuned and emotionally available to one's child.
Parents/caregivers development of <b>parental resilience</b>	Ability to manage stress and function well when faced with challenges, adversity and trauma.	Having a plan of who to turn to for help and where to meet needs in a stressful situation like a natural disaster or health emergency.
Increase parents'/caregivers' use of effective <b>social connections.</b>	Positive relationships that provide emotional, informational, instrumental and spiritual support.	Having sense of connectedness with friends and family members who provide emotional support, help solve problems and reduce feelings of isolation.
Increase parents'/caregivers' <b>concrete supports.</b>	Access to concrete support and services that address a family's needs and help minimize stressed caused by challenges.	Having access to housing, food, healthcare etc. when they are needed and/or knowledge of how to access this information via formal and informal systems (friends, service providers)
Increase parents'/caregivers' <b>positive social and emotional competence of children</b> (also known as <b>nurturing and attachment</b> ) with their children.	Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.	Responding warmly and consistently to a child's needs. Fostering a secure and strong parent-child relationship.

We recognize that diverse families will meet these needs in culturally relevant and family specific ways, but the underlying framework of the protective factors is universal to all families. They reduce the likelihood of child abuse and neglect and increase healthy child and family development; therefore, supporting protective factors in parent education and family support programs is important.

More information can be found at [the Center for the Study of Social Policy](https://www.dcyf.wa.gov/services/child-development-supports/sfwa).

