

FIND THE STRENGTHS



Families grow stronger together when they practice the

5 PROTECTIVE FACTORS

Knowledge of Parenting and Child Development
 Social Connections
 Parental Resilience
 Concrete Support in Times of Need
 Social and Emotional Competence of Children/
 Nurturing and Attachment

CAN YOU SPOT ANY OF THE FOLLOWING POSITIVE ACTIVITIES?

-  A parent and child going to the library
(Social Emotional Competence of Children / Nurturing and Attachment)
-  A parent taking a child to an appointment
(Knowledge of Parenting and Child development)
-  A parent and child accessing a diaper bank
(Concrete Support)
-  A family enjoying mealtime
(Social Emotional Competence of Children / Nurturing and Attachment)
-  A grandparent dropping a child off at school
(Parental Resilience)
-  Changing a flat tire
(Parental Resilience)
-  A parent with their friend getting coffee
(Parental Resilience / Social Connections)
-  Children playing sports together
(Social Emotional Competence of Children / Nurturing and Attachment)
-  A Special Olympics sports event
(Knowledge of Parenting and Child Development / Social Connections)