

The **5** Protective Factors



1 Social Connection

Social connections are the positive relationships that parents have with family members, friends, neighbors, and community members. These connections provide emotional support, practical assistance, and opportunities for parents to engage in their community.



2 Knowledge of Parenting & Child Development

This factor involves parents having accurate information and expectations about child development and effective parenting strategies. It includes understanding the needs of children at different developmental stages.



3 Social & Emotional Competence of Children

Social and emotional competence involves children developing the ability to interact positively with others, manage their emotions, and communicate their feelings. This also includes teaching children self-regulation skills.



4 Concrete Support in Times of Need

Concrete support refers to the tangible assistance that families need during times of crisis, such as access to food, housing, medical care, and child care. This factor also involves ensuring that families know where to turn for help when needed.



5 Parental Resilience

Parental resilience refers to the ability of parents to effectively cope with stress and bounce back from challenges. This factor emphasizes the importance of parents maintaining a positive outlook and having the ability to manage stressors related to parenting and everyday life.

