





## CORE MEANINGS OF THE STRENGTHENING FAMILIES PROTECTIVE FACTORS

Protective Factor	Core Meaning
<p><b>Knowledge of Parenting and Child Development:</b> Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.</p>	<p>Seeking, acquiring and using accurate and age/stage-related information about:</p> <ol style="list-style-type: none"> <li>parental behaviors that lead to early secure attachments</li> <li>the importance of                             <ul style="list-style-type: none"> <li>• being attuned and emotionally available to one's child</li> <li>• being nurturing, responsive and reliable</li> <li>• regular, predictable and consistent routines</li> <li>• interactive language experiences</li> <li>• providing a physically and emotionally safe environment for one's child</li> <li>• providing opportunities for one's child to explore and to learn by doing</li> </ul> </li> <li>appropriate developmental expectations</li> <li>positive discipline techniques</li> <li>recognizing and attending to the special needs of a child</li> </ol>
<p><b>Concrete Support in Times of Need:</b> Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.</p>	<ol style="list-style-type: none"> <li>being resourceful</li> <li>being able to identify, find and receive the basic necessities everyone deserves in order to grow (e.g., healthy food, a safe environment), as well as specialized medical, mental health, social, educational or legal services</li> <li>understanding one's rights in accessing eligible services</li> <li>gaining knowledge of relevant services</li> <li>navigating through service systems</li> <li>seeking help when needed</li> <li>having financial security to cover basic needs and unexpected costs</li> </ol>
<p><b>Social and Emotional Competence of Children:</b> Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.</p>	<p><u>Regarding the parent:</u></p> <ol style="list-style-type: none"> <li>having a positive parental mood</li> <li>having positive perceptions of and responsiveness to one's child</li> <li>responding warmly and consistently to a child's needs</li> <li>being satisfied in one's parental role</li> <li>fostering a strong and secure parent-child relationship</li> <li>creating an environment in which children feel safe to express their emotions</li> <li>being emotionally responsive to children and modeling empathy</li> <li>talking with one's child to promote vocabulary development and language learning</li> <li>setting clear expectations and limits</li> <li>separating emotions from actions</li> <li>encouraging and reinforcing social skills such as greeting others and taking turns</li> <li>creating opportunities for children to solve problems</li> </ol> <p><u>Regarding the child:</u></p> <ol style="list-style-type: none"> <li>developing and engaging in self-regulating behaviors</li> <li>interacting positively with others</li> <li>using words and language skills</li> <li>communicating emotions effectively</li> </ol>