

# What Keeps Your Family Strong? Building Protective Factors in Families



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**strengthening families**  
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## Objectives

Participants will:

- Understand the Strengthening Families Protective Factors Framework that includes five research-based protective factors.
- Learn practical strategies to use that will build protective factors with families and youth.

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## Looking at Strengths from a Different Perspective



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## The Four Big Ideas Behind Strengthening Families™

- Building protective and promotive factors, not just reducing risk
- An approach – not a model, a program or a curriculum
- A changed relationship with parents
- Aligning practice with developmental science

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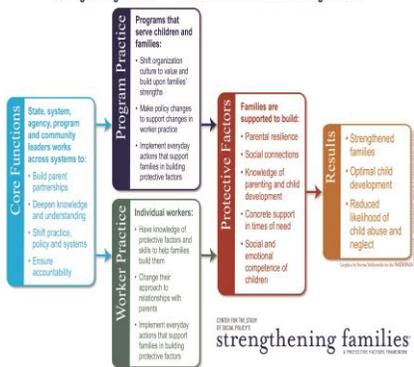
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### The Pathway to Improved Outcomes for Children and Families Strengthening Families™ Protective Factors Framework Logic Model




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## Five Protective Factors



1. Parental resilience
2. Social connections
3. Knowledge of parenting and child development
4. Concrete support in times of need
5. Social and emotional competence of children

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## Speed Dating Activity

- Find a partner
- Introduce yourself
- Answer the questions
- At the chime, change partners



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## Social Connections

- How important were social connections – friends, older adults, teams, religious celebrations, groups, and clubs – for you growing up?
- How does this affect you today?

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## Parental Resilience

- Remembering back to your childhood or youth, can you recall instances where your parent or parent figure showed resilience (being able to manage things) in the face of adversity?
- How does this affect you today?

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### Knowledge of Parenting and Child Development

- Remembering back to your childhood or youth, what is the most important lesson you learned about being a good parent?
- How does this affect you today?

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### Concrete Support in Times of Need

- How important was having the basic necessities needed to survive (e.g., adequate food & shelter) to you and your family as you were growing up?
- How does this affect you today?

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### Social and Emotional Competence of Children

- How did your parent, or another significant adult in your life, influence the ideas and feelings you had about yourself when you were growing up?
- How does this affect you today?

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## Reflection Questions

- What are your perceptions—good or bad—about this exercise?
- What did you learn from participating in this exercise?




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## Parental Resilience

**“I will continue to have courage during stress or after a crisis.”**

**Courage**

**Be strong and flexible**



Protective Factors definitions from Community Café




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## Parental Resilience

Managing stress and functioning well when faced with challenges, adversity and trauma

**What it looks like**

**Resilience to general life stress**

- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions

**Resilience to parenting stress**

- Not allowing stress to interfere with nurturing
- Positive attitude about parenting and child

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## Social Connections



### Community

Parents need friends

**“I have people who know me –friends. And at least one person who supports my parenting.”**

Protective Factors definitions from Community Café

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## Social Connections

Positive relationships that provide emotional, informational, instrumental and spiritual support

### What it looks like

- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections

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## Knowledge of Parenting & Child Development

**“I stay curious and am responsive to what my child needs.”**

### Health

**Being a great parent is part natural and part learned**



Protective Factors definitions from Community Café

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### Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

#### What it looks like

- Nurturing parenting behavior
- Appropriate developmental expectations
- Ability to create a developmentally supportive environment for child
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

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### Concrete Support in Times of Need



#### Freedom

**We all need help sometimes**

**“My family can access basic needs when they need it.”**

Protective Factors definitions from Community Café

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### Concrete Support in Times of Need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

#### What it looks like

- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help

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## Social & Emotional Competence of Children

“My child feels loved, a sense of belonging and can get along with others.”

### Compassion

Help your children communicate and give them the love and respect they need



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## Social & Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

### What it looks like

#### For the parent:

- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

#### For the child:

- Age appropriate self-regulation
- Ability to form and maintain relationships with others
- Positive interactions with others
- Effective communication

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## The 5 Protective Factors



<http://www.whatmakesyourfamilystrong.org/RememberProtectiveFactors.html>



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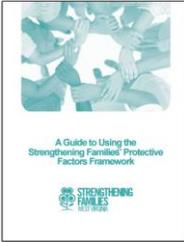
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## Resource: A Guide to Using the Strengthening Families Protective Factors Framework



- Very similar to the TN resource
- Questions to Help Parents Identify Their Protective Factors

[http://www.strengtheningfamilieswv.org/pdfs/TEAM-STRENGTHENING\\_PARENT\\_BOOKLET.pdf](http://www.strengtheningfamilieswv.org/pdfs/TEAM-STRENGTHENING_PARENT_BOOKLET.pdf)




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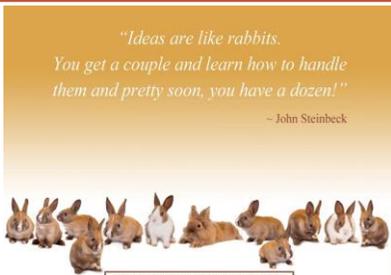
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## Summary



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## Pennsylvania

### Strengthening Families Leadership Team Mission

The Strengthening Families Leadership Team works to sustain and weave the five protective factors, which are social and emotional competence of children, knowledge of parenting and child development, social connections, concrete support in times of need and parental resilience, into policies, program and practice across child and family service systems.

**Relationships \* Strong Families \* Respect**

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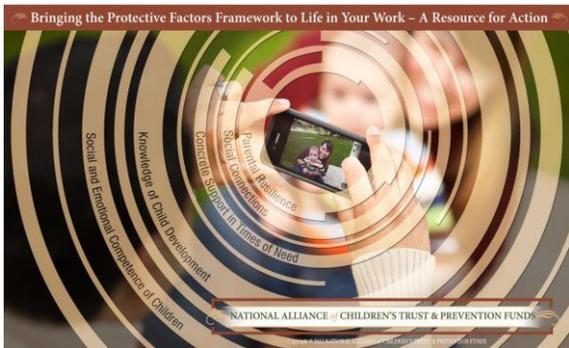
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### Seven Course Series




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### Resources

Center for the Study of Social Policy

- [www.cssp.org](http://www.cssp.org)

National Alliance of Children's Trust Funds

- [www.ctfalliance.org](http://www.ctfalliance.org)

PA Strengthening Families

- [www.pa-strengthening-families.org](http://www.pa-strengthening-families.org)

Center for Schools and Communities

- [www.center-school.org](http://www.center-school.org)

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