

Parental Resilience

What Is Resilience?

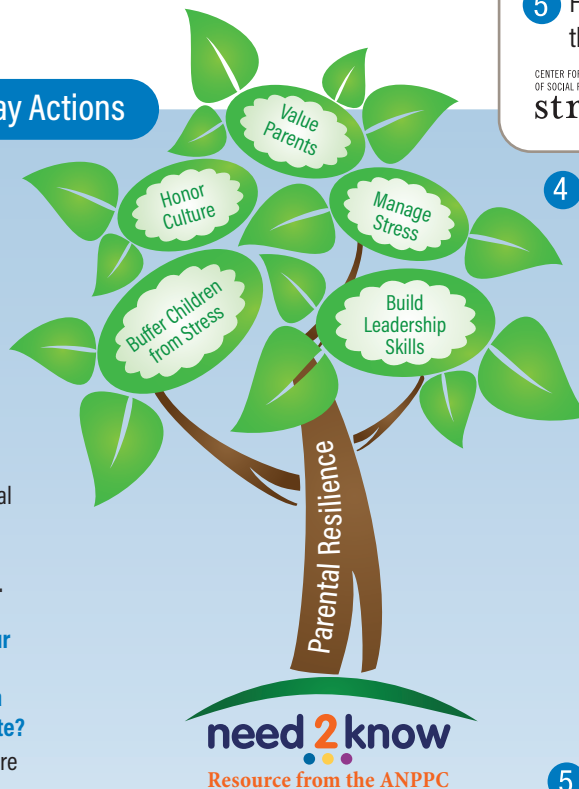
Resilience is the ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Resilient parents have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride. They are able to "bounce back" from negative experiences. Resilience isn't about how many bad things you experience; it's about how you respond to them.

Everyday Actions that Help Build Resilience

Concrete Examples of Everyday Actions

- 1 What are some ways your community (local businesses, day care centers, schools and churches) demonstrates it values parents?**
 - My child care has "Dads and Donuts" and "Moms and Muffins" events to say thank you to parents.
 - My place of worship offers parenting classes and other ministries for single moms.
 - My child's school invites parents to special conferences, sends out electronic newsletters, offers parent-child activities and many other opportunities to connect.
- 2 Give examples of concrete ways that your family's race, language, culture, history and approach to parenting is valued as a part of any group in which you participate?**
 - My bi-racial children attend a school where less than 3% of the student body is a minority. The school invites guest speakers from many ethnicities, including African-American, and shares books and crafts that honor my children's heritage.
 - Our children represent multiple ethnicities. We help create opportunities where they can explore their individual ethnic histories through reading, meeting others and continuing dialogue.



- 3 What are some ways that you can remind yourself to deal with stress effectively? How can you encourage others to do the same?**
 - Look for the humor in the situation. If I can find a way to laugh at what happened or something else about the day, I can "own" it and move forward. Laughter is a life saver.
 - Get a sitter and garden.
 - I keep a Top Ten List (of things that feed my soul) in the nightstand by my bed. When I have a challenging day, I pull out my list and do at least three of the things on it. (For example, listen to music, dance and take a walk.)
 - I enjoy nature and photography. I go for a walk and take pictures.
 - I find it helpful to keep a journal - writing down the good and the bad is a way I can re-group.
 - Chatting with a friend makes me feel better.
 - Pray, read, bake and exercise (not always in that order).
 - Be quick to forgive others - especially myself!

- 1** Demonstrate in multiple ways that parents are valued
- 2** Honor each family's race, language, culture, history and approach to parenting
- 3** Encourage parents to manage stress effectively
- 4** Support parents as decision-makers and help build decision-making and leadership skills
- 5** Help parents understand how to buffer their child during stressful times

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- 4 How do you encourage your peers to exercise their unique leadership skills in their own families - and in the community? How do you find the courage to lead out in your family and community?**
 - I go to my "encouraging cupboard" - the strength in my own family is astounding! I am finding ways to be a good steward of the knowledge we have built over generations.
 - With several other parent's help, I started a leadership and advocacy group in our area for families of children with disabilities. Our training events are open to the public and sometimes we offer CEUs. This has been so successful that parents and professionals have been attending from surrounding communities. The best part is that all of our parenting tips apply to all areas of participants' lives - school, church and more!

- 5 When you face a crisis, what are some ways that you protect your child from being negatively impacted by this stress?**
 - Reflect and remember what skills I have used to manage or overcome struggles in the past.
 - I tell myself I've been through tough times before - then I drop everything and do something fun with my little one!
 - My kids handle stress better when they realize there is stress and a plan to manage it. It is a mistake for me to drag them through it and let them figure out how to cope.
 - I keep my children involved in activities with their friends and encourage friendships.
 - Make sleep/rest a priority - model self-care for my children.
 - Encourage laughter either through silly songs or dancing, telling goofy jokes and reading funny stories. Take time to play, interact and focus on the children - let them know that no matter what - they matter the most!

For more parent-to-parent tools visit
[ctfalliance.org/partnering-with-parents/
anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources)



National Parent Partnership Council (ANPPC)

Parental Resilience within the Framework

Parental Resilience is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Parental Resilience might come in the form of requesting and accepting support to meet basic needs for families (Concrete Support). It could show up when parents support each other at critical moments to promote self-care (Social Connections). It may even be celebrating children's strengths and milestones as they grow through challenges (Knowledge of Child Development).

The Protective Factors work together to help make your family strong!

Parents Help Define Parental Resilience

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor - **Parental Resilience** - in ways that are meaningful for them.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and 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.

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Colorado Department of Human Services - Children's Trust Fund

Be strong in the face of stress.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Exercise flexibility and develop inner strength. Flexibility and Inner Strength = Resilience. Resilience makes your family STRONG.

New Hampshire Children's Trust

I can handle challenges with flexibility and take time to recharge.

Prevent Child Abuse Arizona - Strengthening Families Arizona

Parenting is challenging. Having resilience means being flexible, managing stress in healthy ways and giving yourself permission to make mistakes.

Alaska Child Welfare Academy

Be strong, not stressed.

Hawaii Child and Family Services - The Parent Line

I am a strong parent. I know someone who I can talk to who understands my parenting style.

Community Café Collaborative

I will continue to have courage during stressful times or after a crisis.

Wisconsin Child Abuse and Neglect Prevention Board - Five For Families (fiveforfamilies.org)

Building Inner Strength - Keeping it together - and even growing stronger - during times of stress.

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Social Connections

The Value of Social Connections

Facilitate friendships and mutual support – Help parents connect with each other and develop social networks.

Social connections help families stay strong, get through the hard times and enjoy family life. Families can have many different types of social connections that provide different types of support. No matter the type of connection – it should be positive – someone that is there for you, treats you well and helps you be the best person you can be!

Everyday Actions that Help Build Social Connections

- 1 Help families value, build, sustain and use social connections
- 2 Create an inclusive environment
- 3 Facilitate mutual support around parenting and other issues
- 4 Promote engagement in the community and participation in community activities

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Concrete Examples of Everyday Actions

Value, build and use social connections

Create an inclusive environment

Facilitate mutual support

Promote community engagement

Social Connections

Social Connections

1 How do your friends know that you appreciate them?

- I offer help before my friends have to ask.
- By listening to a friend who just needs an ear.
- I like to pay attention to the things my friends like, and pick them up from time to time when I see them on sale or special – just to let them know they are heard and cared for.
- Many of my friends are more like family than family, so I value all our relationships very much.
- I specifically turned down an invite to an event with my friend so that I could watch the kids and she and her husband could go. I had a great time hanging with the kiddos and they had a refreshing date night!
- Taking the time to tell or show someone how much they mean to me.
- Celebrating their successes – and inviting them to celebrate any success I may have.

2 What do you look for when thinking about joining a group?

- I feel welcome and I see a friendly face.
- It is clear what is required of me.
- I am interested in a topic, and it is helpful to my family.
- I'm more likely to participate in a group when:
 - It's safe to share my thoughts and I will not be judged.
 - I am asked for my opinion and it's valued.
 - There are family activities.
 - It is flexible and supportive of me and other parents.
 - It's fun.

3 What is the most critical thing you need as a parent when unexpected things happen?

- Having someone available who I can ask for what I need with no judgement and where they are truly willing to help.
- This need has changed as my children have grown. Now that they are teenagers I would say positive affirmations from others and someone to talk to.
- Having the opportunity to take a break.
- Help with meals, babysitting or housework – whatever I need – to lift me up and help make my burden feel lighter.
- Resources to turn to such as school, church, books, support groups, WIC.

4 What are some positive ways your community is supportive?

- The librarians we have gotten to know since the boys were small have been great people to talk to for advice and other affirmations.
- My community is one I have built with other parents who have special needs children. We check in with each other, support and pray for each other.
- "Bring your family to the zoo day" was great. They had free health screenings for the whole family that day, plus it was fun.
- It was a "bring your parent to school" day. It was good to spend time with my child and learn what he does throughout the day.
- Free event for the kiddos put on by a local church. Everyone was pleasant and happy to see us. It was close to our home and the kids had a great time.
- I know how I'm connected, but I'm constantly looking for ways to connect friends
- Parent-led groups – places for parents to meet and talk. Older parents offer wisdom.



Social Connections

need2know
Resource from the ANPPC

For more parent-to-parent tools visit
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Social Connections within the Framework

Social Connections is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Social Connections might come in the form of seeking community support and finding a resource (Concrete Support). It could show up when a teacher or counselor partners with the parent to support a child's social and emotional development (Social and Emotional Competence of Children). It may even be supporting a child's behavior or milestones with consistent and positive peer, community and family supports (Knowledge of Parenting and Child Development).

The Protective Factors work together to help make your family strong!

Parents Help Define Social Connections

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Defining the Five Protective Factors

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Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and 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.

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Colorado Department of Human Services – Children's Trust Fund

Nurture caring friendships. Having a network of friends and family helps us feel secure, confident and empowered.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Make a friend. Connecting with friends builds a support system and makes your family strong.

New Hampshire Children's Trust

I have friendships with people who support me and my parenting.

Prevent Child Abuse Arizona – Strengthening Families Arizona

All parents need support. Building relationships is an important way to get the connection and support we all need.

Alaska Child Welfare Academy

Get and give support.

Hawaii Child and Family Services – The Parent Line

I am connected. I know what to do and how to deal with stressful situations.

Community Café Collaborative

I have people who know me – friends – and at least one person who supports my parenting.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Connecting with Others – Building a network of people who care about you and your family.

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Knowledge of Parenting and Child Development

The Value of Knowledge of Parenting and Child Development

Strengthen parenting – Provide guidance, role modeling and information on parent and child development, including special support around children’s challenging behaviors.

Parents who have some knowledge of basic child development are likely to have more realistic expectations of their children. With that knowledge, parents are better able to provide an appropriate amount of nurturing, supervision and guidance. When parents understand their roles in their children’s lives and learn about specific parenting techniques and strategies, they can form positive relationships with their children and have options for appropriate responses to typical child behaviors.

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies
- 3 Provide information and resources on parenting and child development
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

Everyday Actions that Help Build Knowledge of Parenting and Child Development

Concrete Examples of Everyday Actions

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies

What do you do with your child to promote/model healthy development at this stage in his/her life?

- Family-style meals
- Healthy eating
- Playgroups/playdates
- Create an environment for open conversation
- Learning enhancement (sports, dance, music)
- Use teachable moments
- Inform myself of age-appropriate expectations
- Read

“We are committed to having family-style dinners and using language that encourages kindness.”

“I let my child help me with household chores. He loves to stir, scoop and mold food in the kitchen, as well as help with cleanup. This gives us an opportunity to talk about healthy food, bond and take pride in the meal we will eat together. It also helps him develop a passion for a life skill he will need to be a successful adult.”

“I spend one-on-one quality time with each of my children.”

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

- 3 Provide information and resources on parenting and child development

Where do you go for help with parenting issues or to get information on child development?

- Friends and family
- Social media/Internet
- Child care teacher or director
- Nonprofits
- Local colleges or universities (child development instructors and programs)
- State department of health/social services
- Pediatrician
- Schools
- Faith community
- Pharmacist

“Sometimes I will post things on social media to see if other parents relate and have feedback. This helps me feel I am not alone and have options to discuss these things if I choose.”

“A local nonprofit helped identify tasks I was naturally doing that benefited my child’s development. When I had a concern or questioned my parenting, they were able to guide me and reinforce my decisions. This was crucial during my early days of parenting.”

“My child’s school has connected me with a network of parents I consistently turn to when I need advice – as our children have grown together.”

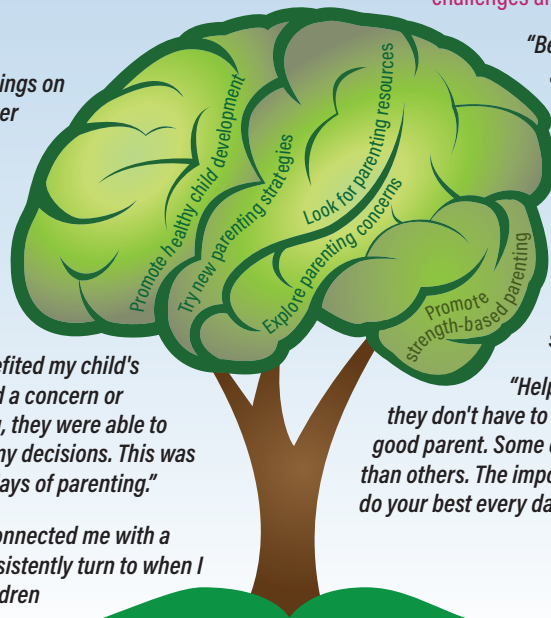
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

How can you help other parents recognize their strengths so they can build upon them?

- Share your personal story
- Point out that the resources are available for everyone – that includes YOU!!
- Point out the things parents are already doing well – what is strong, not what is wrong!
- Be there – walk through challenging situations with your parent friends; acknowledge similar challenges and actions

“Be willing to ask advice from parents you notice doing a great job. It’s important to share the spotlight with parents when they are successful.”

“Help parents realize they don’t have to be perfect to be a good parent. Some days are better than others. The important thing is to do your best every day.”



Knowledge of Parenting and Child Development



Resource from the ANPPC

Knowledge of Parenting and Child Development within the Framework

Knowledge of Parenting and Child Development is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Knowledge of Parenting and Child Development might come in the form of relatable advice from peers experiencing the same ages and stages of children (Social Connections). It could show up when a parent is helping a child understand their responsibilities or role in everyday moments (Parental Resilience). It may even be when a parent helps a child process their big emotions or how they are feeling during significant moments (Social and Emotional Competence of Children).

The Protective Factors work together to help make your family strong!

Parents Help Define Knowledge of Parenting and Child Development

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Knowledge of Parenting and Child Development** – in ways that are meaningful for them.

Colorado Department of Human Services – Children's Trust Fund

Grow your knowledge of parenting and child development. There is no perfect parent, but know what to expect does make the job easier.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Learn to be your child's expert. Being a parent is part natural and part learned. Parent education makes your family strong.

New Hampshire Children's Trust

I know what my child needs as she grows and develops.

Prevent Child Abuse Arizona – Strengthening Families Arizona

Parents are a child's first and best teachers. When parents know how children grow and learn and use good parenting strategies, they can help their kids reach their full potential.

Alaska Child Welfare Academy

Learn more so that you can parent better.

Hawaii Child and Family Services – The Parent Line

I know my child best. I know my child is developing to their potential.

Community Café Collaborative

I am attuned or responsive to what my child needs so she/he has the freedom to grow and develop.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Parenting As Children Grow – Learning how to support your child's growth at every age and stage.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and 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.

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Concrete Support in Times of Need

Parents Talk about Receiving Concrete Support

3 Share a time that was particularly stressful for your family. Who helped you achieve a good outcome? What did they do?

All of the examples given by parents showed the key to achieving a good outcome were the people who actually showed up to provide concrete support and a listening ear – people who provided small but significant changes.

This week we found out that one of our daughters might be beginning to lose her sight. My daughter's interpreter, my mentor, and now lifelong friend, along with a wonderful administrator at our hospital helped me calmly deal with the issue, put together a plan of action, and schedule appointments so that we can do what is best for our daughter.

My husband and I have been through difficulty in our marriage. Counseling helped us explore our feelings and be frank about our needs for the present and hopes for the future. The counselor facilitated the conversation courageously and sensitively. My spouse and I carried on the conversation later and invested in building a stronger partnership.

Just having a friend to listen to me and having a home-visitor that I can share my worries with.

My dad has cancer, it is really hard. Check-ins by family and friends are the most helpful, people bringing food.



The week that our daughter was born, our car was totaled while parked, we discovered we had bedbugs in the home and several of our kitchen appliances stopped working. We just wanted to soak up time with our newborn and adjust to being a family of 4, but we had to address these problems to make sure our home was safe. Our family and friends pitched in to care for our kids while we made calls to trusted businesses and shopped for appliances.

Spiritual leaders helped me through a divorce.

When we moved to the area and didn't have relatives to count on in times of need, church members came to be a part of our family.



When facing custody issues, our lawyer helped inform, guide, and fight for our rights. This provided our family with what we considered to be the best.

My therapist listened to me and is someone who never gives up on me. I was given resources and positive feedback without judgment.

When experiencing the death of a family member, my immediate family helped with childcare and financial assistance.

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Concrete Support in Times of Need

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Resource from the ANPPC

Social and Emotional Competence of Children

The Value of Social and 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.

Children who have these skills are likely to grow up to have healthier behaviors, better peer relationships and a higher capacity to respond to stress. Helping children to develop these skills can also improve family relationships and prevent abuse and neglect. When parent-child relationships are mutually rewarding, there is greater enjoyment, increased responsiveness, and decreased likelihood of maltreatment.

Everyday Actions that Help Build Social and Emotional Competence of Children

Concrete Examples of Everyday Actions

1 Can you share any tools or specific activities that you use when you talk to your children about their emotions?

- An emoji feelings chart
- Ask how they are feeling and listen
- Reassure them that they are loved
- Draw pictures and make "feelings" masks
- Use mindfulness practices/yoga together
- We use mirrors to recognize emotions

2 What are some ways you model nurturing and support to your children?

- Snuggling
- Active listening
- Allow space for emotions and confirm them
- Engaging in their interests
- For families with multiple kids: One-on-one relaxing time in nature
- Hugs are always important

3 What are some activities you have done with your child out in your community (perhaps sponsored by your school, house of worship, or other organization), that you feel may be contributing to your child's social-emotional development?

- Community classes (physical, mental, emotional, spiritual)
- Great outdoors/nature
- Volunteering
- Outings: museums, science centers, libraries and the zoo
- Playdates
- Creative expression opportunities (art, music, etc.)

4 How do you help your child celebrate who they are as a person? How do you help them celebrate and respect the uniqueness of others who may seem different or unfamiliar?

- Praise verbally
- Acknowledge their interests
- Acknowledge what makes them special (talents, abilities, attributes, etc.)
- Celebrate the uniqueness of their identity

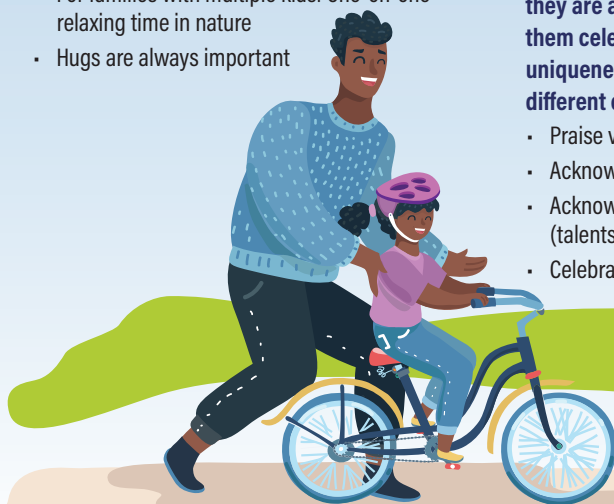
- 1 Help parents foster their child's social emotional development
- 2 Model nurturing support to children
- 3 Include children's social and emotional development activities in programming
- 4 Help children develop a positive cultural identity and interact in a diverse society
- 5 Respond proactively when social or emotional development seems to need support

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5 What do you do to help your child manage their emotions - working with them so that they can get to the next step?

- Pause to give them some direct attention
- Create a safe space for expression and to talk
- Give them some time to reflect
- Practice and model coping strategies or do breathing exercises
- Seek outside help if needed
- Share your experiences
- Label expressed emotions and talk through them together



Social and Emotional Competence of Children

need2know

Resource from the ANPPC



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Social and Emotional Competence of Children within the Framework

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Social and Emotional Competence might come in the form of a positive peer connection (Social Connections). It could show up when parents help children name and claim their emotions at all stages of development (Knowledge of Parenting and Child Development). A resilient parent might use everyday moments to sit, listen, and process things with their child when they are having a hard time (Parental Resilience).

The protective factors work together to help make your family strong!

Parents Help Define Social and Emotional Competence of Children

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Colorado Department of Human Services – Children's Trust Fund

Help your child manage feelings and relationships. Help children develop skills so they can manage their emotions and build healthy relationships with their peers and adults.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Give your child words to express how they feel. Teaching your child to effectively communicate and interact builds relationships and makes your family strong.

New Hampshire Children's Trust

My child feels loved, has a sense of belonging and the ability to connect with others.

Prevent Child Abuse Arizona – Strengthening Families Arizona

All kids need to feel that they belong. To become successful adults, kids need to learn to communicate clearly, deal with their emotions and get along well with others.

Alaska Child Welfare Academy

Help your child manage feelings and relationships.

Hawaii Child and Family Services – The Parent Line

I know my child feels loved. I know how to help my child talk about their feelings.

Community Café Collaborative

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

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Helping Kids Understand Feelings – Showing your kids how to name, understand and manage emotions, express themselves and get along with others.

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