



Building Strong Families with Protective Factors



What are Protective Factors?

They are strengths and resources available to families that help them get through hard times.

Everyone faces challenges in life: The baby cries a lot; the kids argue; there is not enough money; the sink leaks; the car breaks down; a loved one gets sick; a disappointment occurs.

When children grow up with Protective Factors, they are best equipped for getting through life's trials successfully and for growing up healthy and happy.

They are able to form friendships and develop rewarding relationships with others. They are less likely to become overwhelmed by emotions and can exhibit self-control. They are in a better position to learn new things and develop problem solving skills.

In other words, children brought up in a strong family are more likely to develop their own strengths to help them with challenges they face in life.

6 Key Protective Factors for Raising Strong, Resilient Children

Nurturing & Attachment:

-Family members show love and affection to each other

Each day is an opportunity to



smile with your child, offer hugs, and cuddle up with a good book. Even busy parents can connect with their children by "wearing" infants to complete chores or including older children in daily tasks while sharing conversation.

Knowledge of Parenting & Child Development :

-Parents have reasonable expectations about what their child can do & learn at different ages

Talk to your child's doctor, other parents, or trusted family members and friends with children to learn about parenting. Check out an ebook or

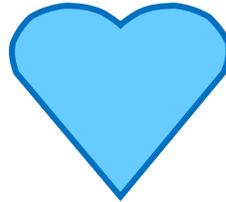
one at the library about crying, toilet training, or discipline, so that you can successfully get your child through trying stages of development while protecting the positive relationship between you.

Parental Resilience:

-Having the ability to "bounce back" from challenges

Good physical, emotional, and spiritual health are essential ingredients for parents to strive for, so that they can face stress with strength. Children learn positive lifestyle behaviors from parents who eat healthy foods, exercise regularly, enjoy a hobby, adopt prayer, meditation or journaling, and take some time to relax.





Social Connections:

-Having friends, family, or others for support

Getting involved in the community through volunteer work, joining a civic committee, or attending church and school events can expose children to the lessons of charity and teamwork and introduce them to other supportive people they can count on in a crisis.

Concrete Supports:

-The ability to meet day-to-day living needs and knowing where to find help if necessary

Help young children learn who is trustworthy and safe in an emergency. Create picture books of these people with young children and develop emergency contact lists with older children. Post emergency contact numbers and enter them in your teen's phone.

Check out the link in the blue box below for the *Parent Handybook* filled with resources in Otsego County.

Ask your Support Specialist for fun ideas to build Protective Factors.

If you are expecting a baby and would like to get involved in Building Healthy Families, call or visit our website:

607-433-0444 www.ofoinc.org/find-program/building-healthy-families/

Social & Emotional Competence of Children:

-Children know they are loved and valued and can get along with others

Establish routines for meals, naps and bedtime, and make sure all caretakers follow them.

Label strong emotions when you see them, so that little ones can learn about feelings and how to manage them. When you must voice disapproval to your child, make sure you clearly tell them you are disappointed in a *behavior*, so that they understand you are not disappointed in *them*. Provide opportunities for children to negotiate and solve problems appropriate for their ages.



Reference:
Strong & Thriving Families;
2019 Department
of Health &
Human Services

Parent Handybook: www.otsegocounty.com/OCDOH/2017OtsegoCountyParentHandyBook.pdf