

What makes your family strong?











The Protective Factors Framework

The Strengthening Families
Approach focuses on building
strengths and resilience
through the **Five Protective Factors**. By strengthening
these factors, families are
better prepared to manage
stress and reduce risks of
abuse and neglect.



Strengthening Families & Communities

The Five Protective Factors



Parental Resilience

Managing stress and recovering from challenges



Social Connections

Positive relationships for support



Knowledge of Parenting & Child **Development**

Understanding parenting and child development



Concrete Support in Times of Need

Access to essential resources in tough times



Social & **Emotional** Competence of Children

Helping kids manage emotions and build relationships

For resources and support, call 1-800-CHILDREN.

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