

Bringing the Protective Factors Framework to Life in Your Work

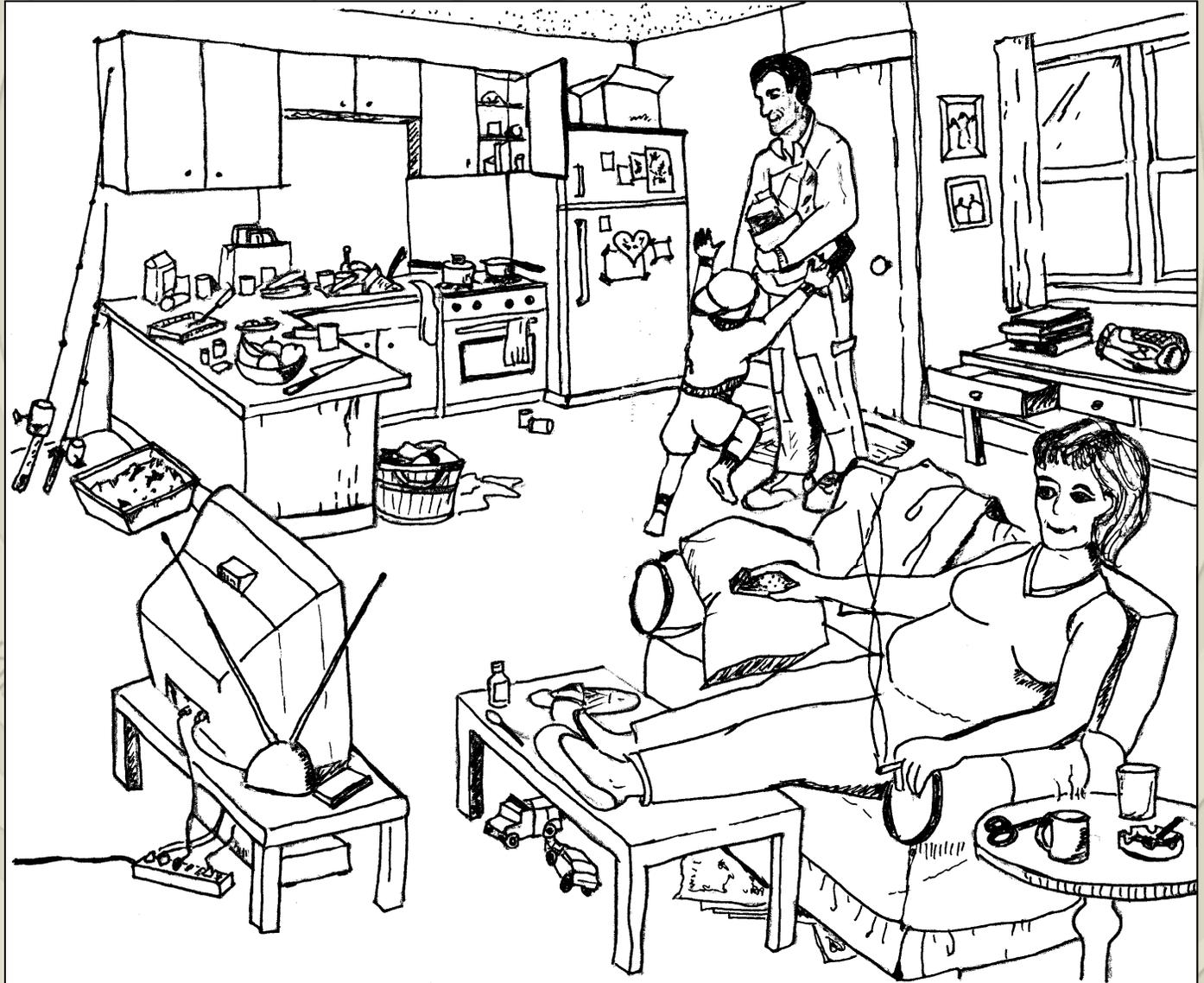


Goals

- List five protective factors that help keep families strong and prevent child abuse and neglect.
- Understand what it means to work with families in a strength-based way.
- Be acquainted with the Strengthening Families Logic Model and Framework.

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Risk and Protective Factors Cartoon



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Strength-Based Theory: Looking at Families Through a Different Lens

Focus on what's **strong**,
not what's **wrong**!



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The Pathway to Improved Outcomes for Children and Families

Core Functions

State, system, agency, program and community leaders works across systems to:

- Build parent partnerships
- Deepen knowledge and understanding
- Shift practice, policy and systems
- Ensure accountability

Program Practice

Programs that serve children and families:

- Shift organization culture to value and build upon families' strengths
- Make policy changes to support changes in worker practice
- Implement everyday actions that support families in building protective factors

Worker Practice

Individual workers:

- Have knowledge of protective factors and skills to help families build them
- Change their approach to relationships with parents
- Implement everyday actions that support families in building protective factors

Protective Factors

Families are supported to build:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Results

- Strengthened families
- Optimal child development
- Reduced likelihood of child abuse and neglect

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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

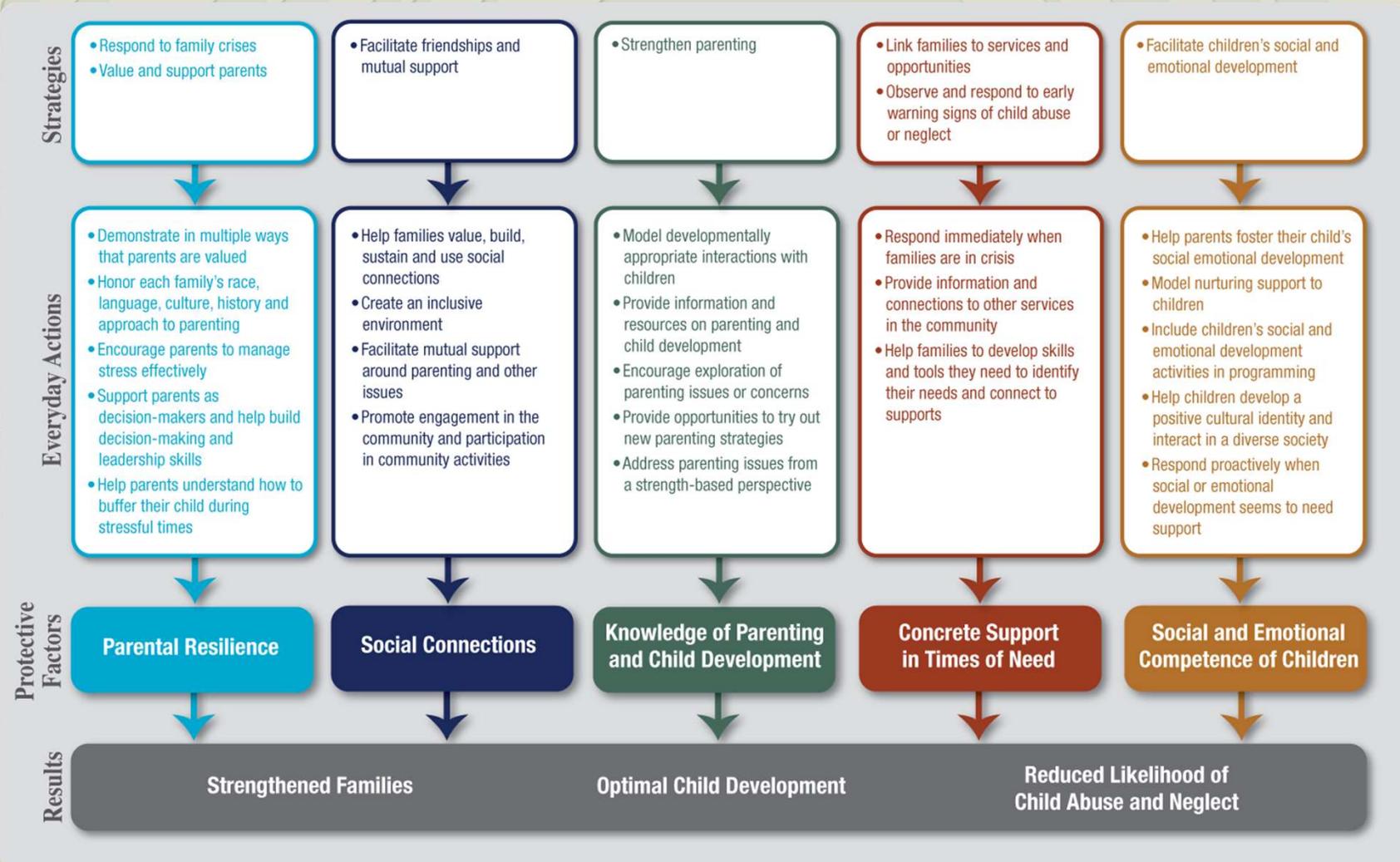
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Families Are Supported to Build

Protective Factor	Definition
Parental Resilience	The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.
Social Connections	Positive relationships that provide emotional, informational, instrumental and spiritual support.
Knowledge of Parenting and Child Development	Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.
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.
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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Strategies and Everyday Actions that Help Build Protective Factors



Social and Emotional

Protective Factors Are Dependent on Culture

As we consider each Protective Factor, ask yourself these three questions:

1. How does culture impact this Protective Factor in a family?
2. How does your own culture shape how you feel, how you react and what you say or think?
3. How does culture impact what you are teaching?



Why Is It Important to Build Partnerships with Families?



- The family is the center of a child's life; working with parents gives us a more holistic view of how to support and strengthen that family.
- Highly involved families almost double the positive odds for their children in education, health promotion and social-emotional development.

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Why Do Parents Get Involved?

- They believe the issue is important to them and their family.
- They believe they have something to contribute.
- They believe they will be listened to and their contributions respected.
- They believe that their participation will make a difference.



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How Do Parents Stay Involved?

- Multiple opportunities for participation, from a small contribution of time to progressively larger contributions of time and effort.
- Families receive sufficient advanced notice.
- Their participation is facilitated by: child care, transportation, dinner, some form of compensation, educational benefits.



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How Do Parents Stay Involved?

- Families are listened to: their ideas are supported and respected.
- They do not experience retribution as a result of their participation.
- Family participation has an impact.
- Their participation is consciously and visibly appreciated.



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Getting Started – Engaging Parents

- Ask parents what they want and need from your program.
- Frame it in terms of the protective factors:
 - What's hard about parenting?
 - How can we be a more welcoming place for parents, where families feel comfortable asking for help or advice?
 - How can we reach out to and support families when they are overwhelmed, stressed or isolated?
 - How can we make it easier for parents to connect to each other?

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How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies
**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**

because you are your child's
1st teacher!

Your Ring Finger stands for
Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.



www.strengtheningfamilies.org

Social and Emotional Competence

The "How to Remember the 5 Protective Factors" poster was inspired by a parent leadership council with direct input on language.

This is an example of how one community engaged and valued parent input to build the Strengthening Families Protective Factors.

Since, the creation of these posters, they have expanded their messaging campaign to include a website (www.whatmakesyourfamilystrong.org), a community Strengthening Families guide, and additional promotional materials.

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What Makes Your Family Strong?

This is a messaging campaign designed by an
Early Childhood Collaborative in Michigan.

The common language in these posters was created with
parent input and for parent engagement.

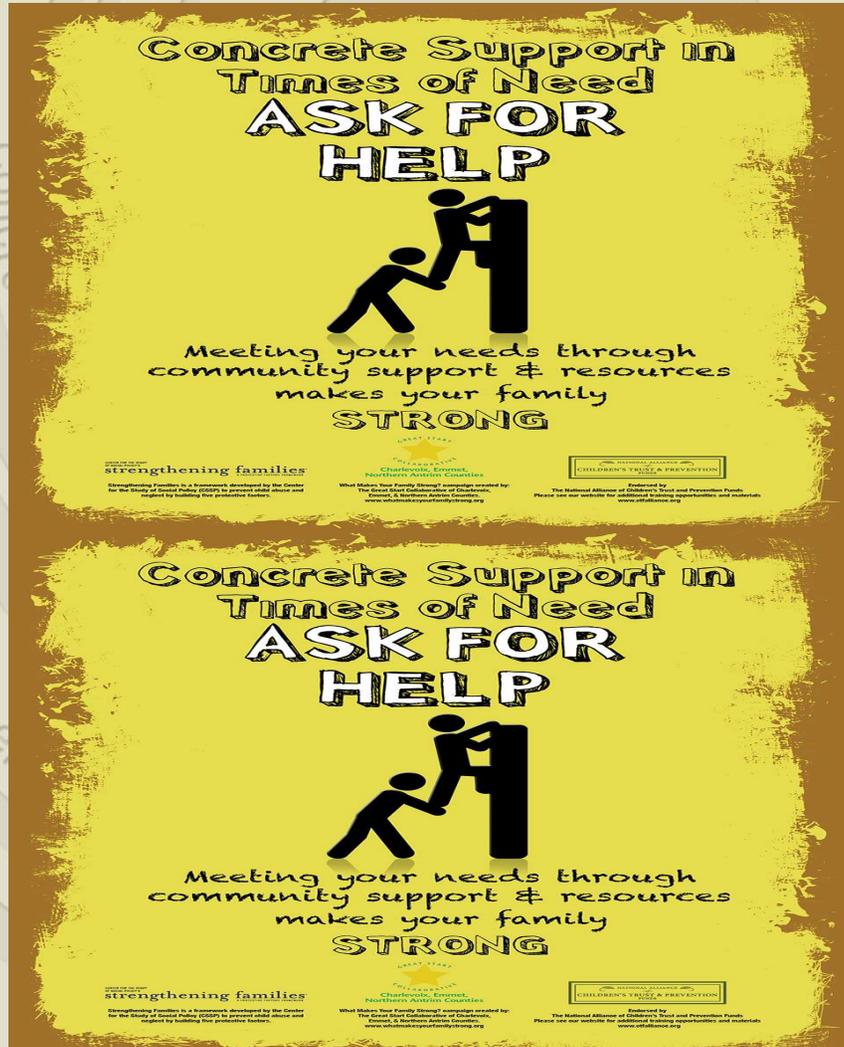
The What Makes Your Family Strong? campaign has attracted
attention across the country and can be used as a training
tool with professionals and parents.

To download posters, visit: www.whatmakesyourfamilystrong.org

NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS

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



Social and Emotional Competence of Children
Knowledge of Child Development

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WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...
Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...
The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

- Parental Resilience**
Exercise Flexibility
& Develop your inner strength
- Social Connections**
Make a friend
- Knowledge of Parenting & Child Development**
Learn to be your child's expert
- Concrete Support in Times of Need**
Ask for help
- Social & Emotional Competence of Children**
GIVE your child words to express how they feel

strengthening families
Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSP) to prevent child abuse and neglect by building five protective factors.

Charles E. Swartz
NATIONAL ADVISORY COMMITTEE
What Makes Your Family Strong? materials created by the Charles E. Swartz Collaborative of Child Welfare, Juvenile, & Healthcare Professionals.
www.whatmakesyourfamilystrong.org

CHILDREN'S TRUST & PREVENTION FUNDS
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Learn More About the Protective Factors

- Explore the Alliance online training – with a course on each Protective Factor – free of charge on the Alliance website:

<http://ctfalliance.org/onlinetraining.htm>

- Discover resource materials about the Protective Factors on the Center for the Study of Social Policy website:

[http://www.cssp.org/reform/strengtheningfamilies/
about#protective-factors-framework](http://www.cssp.org/reform/strengtheningfamilies/about#protective-factors-framework)

- Research briefs about each Protective Factor
- Core meanings of the Protective Factors
- PowerPoint slides about the Protective Factors
- The research behind the Protective Factors