

Bringing the Protective Factors Framework to Life in Your Work

# 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.



Charlevoix, Emmet  
Northern Antrim Counties

www.strengtheningfamilies.org

NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS

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

Parental Resilience  
**EXERCISE FLEXIBILITY**  
**&**  
**DEVELOP INNER STRENGTH**

Flexibility & Inner Strength = Resilience  
Resilience  
makes your family  
**STRONG**

strengthening families  
Charlotte, Empire, Northeastern Virginia Counties  
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## Essential Elements

- What is Resilience? What does it look like?
- How Parental Resilience Fits Into the Framework (logic model)
- **Everyday Actions that Build Resilience:**
  - Valuing and Supporting Parents
  - Honoring Each Family's Culture
  - Responding to Family Crises
  - Building Partnership with Parents to Benefit Everyone

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## Three Common Threads Throughout the Curriculum

1. **The Strengthening Families™ Protective Factors Framework** – Understanding and communicating the importance of how to use the framework as we go about our everyday work.
2. **The importance of culture** – How culture impacts families as they seek to build protective factors and how our own culture shapes how we individually feel, act and think.
3. **The critical role parents play in strengthening families** – Viewing parents as valuable partners in every phase of the work we do.

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## Goals

- Define and recognize signs of parental resilience.
- Consider how your own resilience impacts your work with families.
- Identify actions you can take to help parents build their resilience in your work.

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## Defining Resilience

### Parental Resilience

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

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## Resilience Blocks



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## An Old Quaker Exercise

A photograph of a person's hand, palm up, holding a red circle with the word "PROBLEM" written in black capital letters inside it. The background features a circular diagram with concentric rings and arrows, and text labels for protective factors: "Social and Emotional", "Knowledge of Children", "Concrete Supports", "Social Connections", and "Parental Resilience".

**PROBLEM**

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<https://ctfalliance.org/partnering-with-parents/parent-voice/>

**CONVERSATIONS for a better normal** Everyday Actions that Help Build Parental Resilience

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

**Everyday Actions that Help Build Resilience**

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

**Questions to Consider**

- What are some ways parents in your community are being valued during this crisis?
  - What is one of the kindest things someone in your community has done for you during the current COVID-19 pandemic?
- How has your community, race, faith, culture or belief system helped you remain strong or feel valued during this crisis?
  - How can we learn from each other to demonstrate diverse ways to cope with crisis?
- What are some ways that you can remind yourself to deal with stress effectively?
  - How can you encourage others to do the same?
- Staying positive during times of crisis can be challenging. Our children and peers look to us for leadership. How do you find the courage to lead by example in your family and community?
  - What do you need to know so that you can feel strong in being a parent during these times? How are you staying strong to face each day?
- As you face this COVID-19 crisis, what are some ways that you protect your child from being negatively impacted?
  - Seeing this crisis from your children's eyes, what are some ways you are protecting them during this time? Both physically and emotionally?

**My Thoughts or Answers**

**Actions I Can Take**

**CONVERSATIONS for a better normal**

The Alliance National Parent Partnership Council (ANPPC) has created multiple need-know tools that are aligned with each of the five protective factors. These resources are shared in various formats on the Alliance website at [ctfalliance.org/partnering-with-parents/app/parentvoice](http://ctfalliance.org/partnering-with-parents/app/parentvoice)

**How Protective Factors Can Make Families Strong during COVID-19 Pandemic**

With current events surrounding the COVID-19 pandemic, everyone is experiencing unprecedented stress and uncertainty. Research has found that when families are stressed, children are at an increased risk of being abused.

How can families stay strong and resilient during this time? We can call into action the protective factors we have been building to be resilient, stay socially connected (at a distance), access the concrete supports we need and support our children's physical and social and emotional development in this time of need.

The Alliance National Parent Partnership Council (ANPPC) offers "Conversations for a Better Normal" as a way to generate important conversations with parents, community members, co-workers, staff and others. It is our hope that these conversations will help identify and acknowledge the protective factors that are operational in our lives and help us all learn to lean on each other in times of a crisis.

These conversations are organized around the Strengthening Families™ Protective Factors Framework. There are a number of Everyday Actions known to build each of the five protective factors. In this tool, you will find a question for each of the Everyday Actions for all five protective factors.

**Ways to Use the Conversation Tool**

**The Group**

- Consider the parent, staff or community group that might benefit from a conversation that focuses on strengths during this crisis.
- With your group in mind, use the facilitator worksheets to design your conversation for each protective factor.
- Brand Brown shares that one of her key insights about remote learning is to deliver it in small chunks – not more than 30 minutes at a time.

**The Questions**

- Select the questions that seem to arise your group best at this time. Feel free to adjust or rewrite the questions to reflect your group's culture.
- You may choose to focus on a specific protective factor, or you may decide to combine questions from selected protective factors.
- You'll find a worksheet for each protective factor in the Participant Worksheets PDF. If you choose, you can distribute the worksheet to all of the participants before the scheduled meeting. Some virtual platforms, such as Zoom or GoToMeeting, will allow you to attach the worksheet as a handout for your meeting.

**strengthening families**

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## Conversations for a better normal...

- **What are ways that you can remind yourself to deal with stress effectively?**
  - **How can you encourage others to do the same?**
- **Staying positive during times of crisis can be challenging. Our children and peers look to us for leadership. How do you find the courage to lead by example in your family and community?**
  - **What do you need to know so that you can feel strong during these times?**
  - **How are you staying strong to face each day?**

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## Life Stories that Help Build Resilience

### The "Do You Know" Scale

- Knowledge of heritage and family history
- Family stories usually told by mothers or grandmothers at family gatherings
- Often to teach a lesson or to help children get through physical or emotional hurts
- A "secret family recipe" for resilience



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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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# Strategies and Everyday Actions to Build Parental Resilience

## Strategies

- **Respond to family crises**  
Notice family stress, listen, make referrals and help mobilize other parents to provide support as needed.
- **Value and support parents**  
Make all family members feel welcome, involve parents and caregivers in decision-making at all levels and provide many opportunities for participation.

## Everyday Actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
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## **The Children's Trust Fund Alliance:**

- Ensures all states have a strong and effective children's trust or prevention fund capable of leading and investing in strategies, policies and best practices that prevent child abuse and neglect before it occurs.
- Initiates and engages in national efforts that help state children's trust and prevention funds in strengthening families to prevent child abuse and neglect.
- Promotes and supports a system of services, laws, practices and attitudes that supports families by enabling them to provide their children with safe, healthy and nurturing childhoods.

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## Contact

- If you have questions about *Bringing the Protective Factors Framework to Life in Your Work*, please contact the Alliance at:

- **info@ctfalliance.org**

- If you are interested in participating in a Training for Trainers for *Bringing the Protective Factors Framework to Life in Your Work*, please contact the Alliance at:

- **tot@ctfalliance.org**