

# PROTECTIVE FACTORS

## *for Children and Families*

Protective factors help prevent stressed-out parents from harming their children. These specific attributes and conditions help parents and children cope. Service providers can empower families by enhancing these protective factors, which are:

- ▶ **Nurturing and Attachment.** Children with a strong bond with an adult during their early years are more likely as they get older to do better in school, socialize well and manage stress.
- ▶ **Knowledge of parenting and child/youth development.** Parenting means listening, creating expectations and rules, providing motivation to succeed and encouraging independence.
- ▶ **Parental resilience.** This is the ability to cope with daily stresses and a crisis when it occurs.
- ▶ **Social connections.** Family, friends and neighbors can make it easier for parents to care for their family.
- ▶ **Concrete support for parents.** Help parents to access resources when help is needed with such basic needs as food, clothing, housing and transportation.
- ▶ **Social and emotional competence of children.** This development allows children to express and manage emotions effectively, control their behavior and make friends. Children learn by modeling the behavior of their parents.

Protective factors strengthen all families, even those that may not be at risk of doing something to harm the health and well-being of children. Service providers that promote them as important strategies can better assist families to learn how to effectively manage stress.