Strengthening Families: Protective Factors Action Sheets (2016)

http://www.cssp.org/reform/strengtheningfamilies/about/body/ProtectiveFactorsActionSheets.pdf

The Center for the Study of Social Policy released these Action Sheets as part of their Strengthening Families curriculum, a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. Strengthening Families helps families to build 5 protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and social/emotional competence of children. Each Action Sheet provides a brief summary of the protective factor, followed by ideas for questions and activities with which to engage families.

Highlights

Resilient Parents

Parents who exercise resilience (ability to manage stress and effectively face adversity) increase their self-efficacy because they see themselves as confident, knowledgeable problem-solvers.

Effect on Children 0—5 yrs.

Children of resilient parents build stronger bonds with their parents, develop trust easier, feel safe, and gain the self-confidence to explore their environment and challenge themselves.

Activities for Families

- Identify/develop self-care strategies for times of stress
- Draw a map of their relatives/friends/institutional support network
- Reflect on their parents’ role in shaping their response to stress and poverty

Connections to NEW …

Afterschool Learning Centers  FamilySource Centers  Latino Tech-Net

Homeownership  Affordable Housing  Connect & Succeed  Prosperity Coaching  Whole Family Transformation