



Juvenile Welfare Board

Investing in children. Strengthening our community.

*BUILDING STRONGER
FAMILIES
PROTECTIVE FACTORS
FRAMEWORK*

Strength-Based Approach

- Focuses on what is working well to support the growth of individuals and communities.
- It is based on the assumption that people have existing competencies and resources for their own empowerment.
- It assumes that people are capable of solving problems and learning new skills.
- They are a part of the process rather than just being guided by a professional.

Protective Factors

Focusing on promoting protective factors is a more productive approach than reducing risk factors because:

- All families have positive attributes
- Helps service providers develop positive relationships with parents
- Helps families build and draw upon natural support networks within their family and community.

Learning Objectives

- Participants will develop a broader definition of protective capacity and/or Protective Factors
- Participants will promote protective factors as key strategies to enhance child and family well-being
- Participants will gain insight on what their agency is doing to promote the Protective Factors

Protective Factors

1. Nurturing and attachment
2. Parental resilience
3. Social connections
4. Knowledge of parenting and child development
5. Concrete support in times of need
6. Social and emotional competence of children

Promotive Factors

Nurturing and Attachment

Parental Resilience: The ability of families to get through difficult and challenging circumstances, recover, and even grow from the experience

Social Connections: Having positive, sustained relationships with people, institutions, the community or a force greater than oneself

Knowledge of Parenting and Child Development: A basic understanding how children develop and what children need from their parents, as well as parenting skills and strategies for guiding children's behavior.

Concrete Support in Times of Need: Identifying, seeking, accessing, advocating for, and receiving needed adult, child, and family services; receiving a quality of service designed to preserve parents' dignity and promote healthy development

Social and Emotional Competence of Children: Providing an environment and experiences that enables the child to form close and secure adult and peer relations, and to experience, regulate, and express emotions.

Parental Resilience

What it looks like

Resilience to general life stress

- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions

Resilience to parenting stress

- Not allowing stress to interfere with nurturing
- Positive attitude about parenting and child

Everyday Actions

Parental Resilience

Everyday actions

- Demonstrate in multiple ways that parents are valued
- Honor 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

Social Connections

Having positive, sustained relationships with people, institutions, the community or a force greater than oneself.

What it looks like

- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections

Everyday Actions

Social Connections

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support
- Promote engagement in the community and participation in community activities

Knowledge of Parenting and Child and Youth Development

What it looks like

- Nurturing parenting behavior
- Appropriate developmental expectations
- Ability to create a developmentally supportive environment for child
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

Everyday Actions

Knowledge of Parenting and Child and Youth Development

Understanding the unique aspects of child development and parenting strategies that support physical, cognitive, language, social and emotional development

Concrete Support in Times of Need

Identifying, seeking, accessing, advocating for, and receiving needed adult, child, and family services; receiving a quality of service designed to preserve parents' dignity and promote healthy development

What it looks like

Seeking and receiving support when needed

Knowing what services are available and how to access them

Adequate financial security; basic needs being met

Persistence

Advocating effectively for self and child to receive necessary help

Everyday Actions

Concrete Support in Times of Need

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

Social and Emotional Competence of Children

What it looks like

For the parent:

- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

For the child:

- Age appropriate self-regulation
- Ability to form and maintain relationships with others
- Positive interactions with others
- Effective communication

Everyday Actions

Social and Emotional Competence of Children

- Help parents foster their child's social emotional development
- Model nurturing care to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support

Contact Information

Dawna Sarmiento, Community Facilitator, Juvenile Welfare Board
727.453-5695

Paige Tucker, Community Facilitator, Juvenile Welfare Board
727.453-5647