

## Keeping Your Family Strong Tip Sheet

Protective Factor and What It Means	What You Can Do As A Parent
<p><u>Nurturing and Attachment</u> – Our family shows how much we love each other.</p>	<ul style="list-style-type: none"> <li>• Take time at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.</li> <li>• Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as “I spy”).</li> </ul>
<p><u>Knowledge of Parenting and Child Development</u> – I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.</p>	<ul style="list-style-type: none"> <li>• Explore parenting questions with your family doctor, your child’s teacher, family, or friends.</li> <li>• Subscribe to a magazine, website, or online newsletter about child development.</li> <li>• Take a parenting class at a local community center.</li> <li>• Sit and observe what your child can and cannot do.</li> <li>• Share what you learn with anyone who cares for your child.</li> </ul>
<p><u>Parental Resilience</u> – I have courage during stress and the ability to bounce back from challenges.</p>	<ul style="list-style-type: none"> <li>• Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea.</li> <li>• Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.</li> <li>• Share your feelings with someone you trust.</li> <li>• Surround yourself with people who support you and make you feel good about yourself.</li> </ul>
<p><u>Social Connections</u> – I have friends, family, and neighbors who help out and provide emotional support.</p>	<ul style="list-style-type: none"> <li>• Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.</li> <li>• Join a playgroup or online support group of parents with children at similar ages.</li> <li>• Find a church, temple, or mosque that welcomes and supports parents.</li> </ul>

<p><u>Concrete Supports</u> – Our family can meet our day-to-day needs, including housing, food, health care, education, and counseling. I know where to find help if I need it.</p>	<ul style="list-style-type: none"> <li>• Make a list of people or places to call for support.</li> <li>• Ask the director of your child’s school to host a Community Resource Night, so you (and other parents) can see what help your community offers.</li> <li>• Dial “2-1-1” to find out about organizations that support families in your area.</li> </ul>
<p><u>Social and Emotional Competence</u> – My children know they are loved, feel they belong, and are able to get along with others.</p>	<ul style="list-style-type: none"> <li>• Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.</li> <li>• Talk with your children about how important feelings are.</li> <li>• Teach and encourage children to solve problems in age-appropriate ways.</li> </ul>