

PROTECTIVE FACTORS

Parental Resilience

Resilience Related to General Life Stress

1. Managing the stressors of daily life and functioning well even when faced with challenges, adversity and trauma
2. Calling forth the inner strength to proactively meet personal challenges, manage adversities and heal the effects of one's own traumas
3. Becoming more self-confident and self-efficacious
4. Having faith; feeling hopeful
5. Believing that one can make and achieve goals
6. Solving general life problems
7. Having a positive attitude about life in general
8. Managing anger, anxiety, sadness, feelings of loneliness and other negative feelings
9. Seeking help for self when needed

Resilience Related to General Parenting Stress

1. Calling forth the inner strength to proactively meet challenges related to one's child
2. Not allowing stressors to keep one from providing nurturing attention to one's child
3. Solving parenting problems
4. Having a positive attitude about one's parenting role and responsibilities
5. Seeking help for child when needed

Social Connections

- a. Building trusting relationships; feeling respected and appreciated
- b. Having friends, family members, neighbors and others who:
 - Provide emotional support (e.g., affirming parenting skills)
 - Provide instrumental support/concrete assistance (e.g., providing transportation)
 - Provide informational support/serve as a resource for parenting information
 - Provide spiritual support (e.g., providing hope and encouragement)
 - Provide an opportunity to engage with others in a positive manner
 - Help solve problems
 - Help buffer parents from stressors
 - Reduce feelings of isolation
 - Promote meaningful interactions in a context of mutual trust and respect
- c. Having a sense of connectedness that enables parents to feel secure, confident and empowered to "give back" to others

Knowledge of Parenting and Child Development

Seeking, acquiring and using accurate and age/stage-related information about:

- a. Parental behaviors that lead to early secure attachments
- b. The importance of
 - being attuned and emotionally available to one's child
 - being nurturing, responsive and reliable
 - regular, predictable and consistent routines
 - interactive language experiences
 - providing a physically and emotionally safe environment for one's child
 - providing opportunities for one's child to explore and to learn by doing
- c. Appropriate developmental expectations
- d. Positive discipline techniques
- e. Recognizing and attending to the special needs of a child

Concrete Support in Times of Need

- a. Being resourceful
- b. Being able to identify, find and receive the basic necessities everyone deserves in order to grow (e.g., healthy food, a safe environment), as well as specialized medical, mental health, social, educational or legal services
- c. Understanding one's rights in accessing eligible services
- d. Gaining knowledge of relevant services
- e. Navigating through service systems
- f. Seeking help when needed
- g. Having financial security to cover basic needs and unexpected costs

Children's Social and Emotional Competence

Regarding the parent:

1. Having a positive parental mood
2. Having positive perceptions of and responsiveness to one's child
3. Responding warmly and consistently to a child's needs
4. Being satisfied in one's parental role
5. Fostering a strong and secure parent-child relationship
6. Creating an environment in which children feel safe to express their emotions
7. Being emotionally responsive to children and modeling empathy
8. Talking with the child to promote vocabulary development and language learning
9. Setting clear expectations and limits
10. Separating emotions from actions
11. Encouraging and reinforcing social skills such as greeting others and taking turns
12. Creating opportunities for children to solve problems.

ADAPTED FROM: Center for the Study of Social Policy's Strengthening Families: A Protective Factors Framework