

# The 5 Protective Factors

THAT MAKE A STRONG FAMILY

Children's early experiences of being nurtured and developing a positive relationship with caring adult affects all aspects of behavior and development.

1

**SOCIAL AND EMOTIONAL  
COMPETENCE**

Children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence.

2

**KNOWLEDGE OF PARENTING  
AND CHILD DEVELOPMENT**



Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

**SOCIAL  
CONNECTIONS**



Parents who can cope with the stresses of everyday life, as well as an emotional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.

**RESILIENCE**



**CONCRETE  
SUPPORT**

Families who can meet their own basic needs for food, clothing, housing, and transportation--and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs--are better able to ensure the safety and well-being of their children.

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For more information visit:  
[cssp.org/resource/  
strengtheningfamilies101/](http://cssp.org/resource/strengtheningfamilies101/)