

Introduction to the Protective Factors Framework

Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action



The image features a hand holding a smartphone that displays a photograph of a woman smiling and holding a young child. This central image is overlaid on a large, stylized target graphic. The target consists of several concentric circles in shades of gold, brown, and blue. Each circle contains a label for a protective factor, arranged from the outermost to the innermost circle: "Social and Emotional Competence of Children", "Knowledge of Child Development", "Concrete Support in Times of Need", "Social Connections", and "Parental Resilience". The hand holding the phone is positioned as if aiming at the center of the target.

Social and Emotional Competence of Children

Knowledge of Child Development

Concrete Support in Times of Need

Social Connections

Parental Resilience

NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS

Bringing the Protective Factors Framework to Life in Your Work

Welcome

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Bringing the Protective Factors Framework to Life in Your Work

Outline



1 INTRODUCTION

- Welcome and Introductions
- Goals and Objectives of the Training
- Use of the Protective Factors Framework in Different Fields
- Messaging at the Intersections



2 FOCUS

- Introduction to the Protective Factors Framework
- Strength-Based Theory

Bringing the Protective Factors Framework to Life in Your Work

Outline



3 FRAMEWORK

- Introducing the Pathway to Improved Outcomes for Children and Families
- The Research Behind Strengthening Families
- Part of a National and International Movement
- Strategies and Everyday Actions to Build These Protective Factors



4 ACTION

- Understanding and Putting Aside Our Biases
- Culture and Family Strengths
- The Critical Role Parents Play in Strengthening Families

Bringing the Protective Factors Framework to Life in Your Work

Essential Elements

- Introduction to the Strengthening Families™ Protective Factors Framework
- Strength-Based Theory
- Five Protective Factors
- Everyday Actions that Build Protective Factors
- Understanding and Putting Aside Our Biases
- The Critical Role Parents Play in Strengthening Families



90 Minutes
Introduction

Bringing the Protective Factors Framework to Life in Your Work



Three Common Threads Throughout the Curriculum

1. **The Strengthening Families™ Protective Factors Framework** – Understanding and communicating the importance of how to use the framework as we go about our everyday work.
2. **The importance of culture** – How culture impacts families as they seek to build protective factors and how our own culture shapes how we individually feel, act and think.
3. **The critical role parents play in strengthening families** – Viewing parents as valuable partners in every phase of the work we do.

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Goals

- List five protective factors that help keep families strong and prevent child abuse and neglect.
- Identify multiple strategies and everyday actions that help families to build those protective factors.
- Understand what it means to work with families in a strength-based way.
- Be acquainted with the Strengthening Families Self-Assessment and understand how you might use it.

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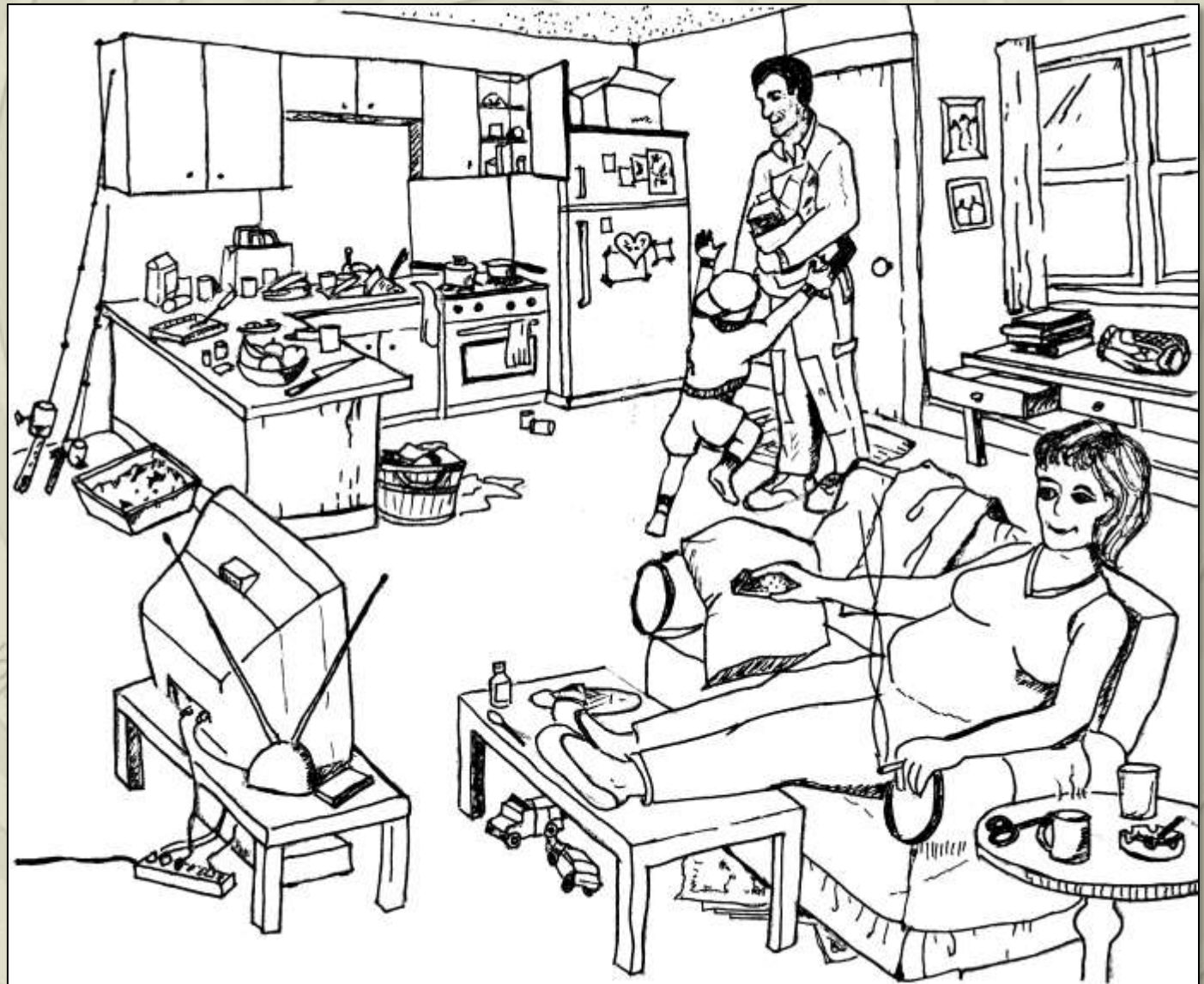
Strength-Based Theory: Looking at Families Through a Different Lens

Focus on what's **strong**,
not what's **wrong**!



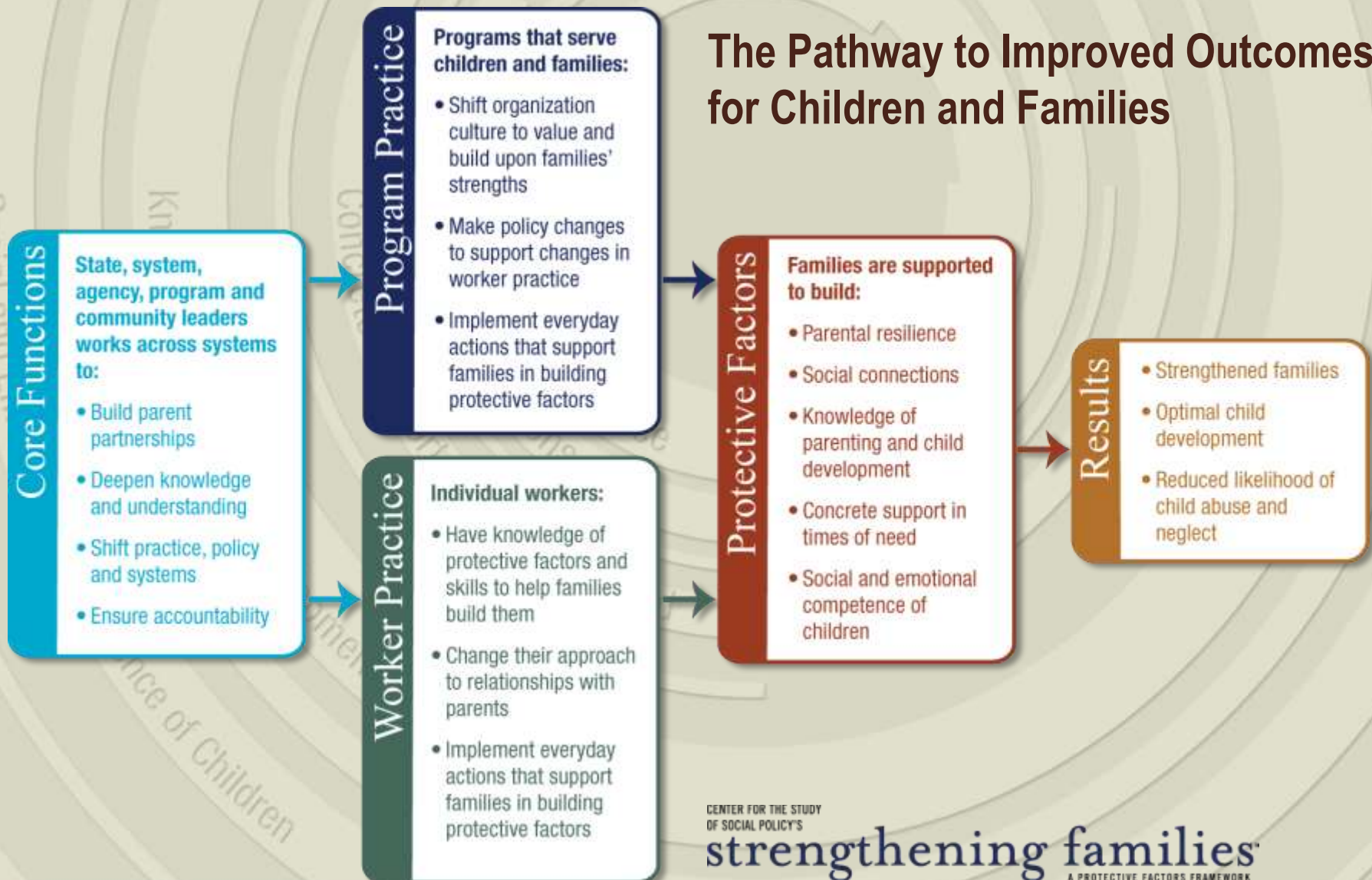
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Risk and Protective Factors Cartoon



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The Pathway to Improved Outcomes for Children and Families



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Protective Factors

- ✓ Parental Resilience
- ✓ Social Connections
- ✓ Knowledge of Parenting and Child Development
- ✓ Concrete Support in Times of Need
- ✓ Social and Emotional Competence of Children

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Families Are Supported to Build

Protective Factor	Definition
Parental Resilience	The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.
Social Connections	Positive relationships that provide emotional, informational, instrumental and spiritual support.
Knowledge of Parenting and Child Development	Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.
Concrete Support In Times of Need	Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.
Social and Emotional Competence of Children	Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Learn More About the Protective Factors

- Explore the Alliance online training – with a course on each Protective Factor – free of charge on the Alliance website:

<http://ctfalliance.org/onlinetraining.htm>

- Discover resource materials about the Protective Factors on the Center for the Study of Social Policy website:

[http://www.cssp.org/reform/strengtheningfamilies/
about#protective-factors-framework](http://www.cssp.org/reform/strengtheningfamilies/about#protective-factors-framework)

- Research briefs about each Protective Factor
- Core meanings of the Protective Factors
- PowerPoint slides about the Protective Factors
- The research behind the Protective Factors

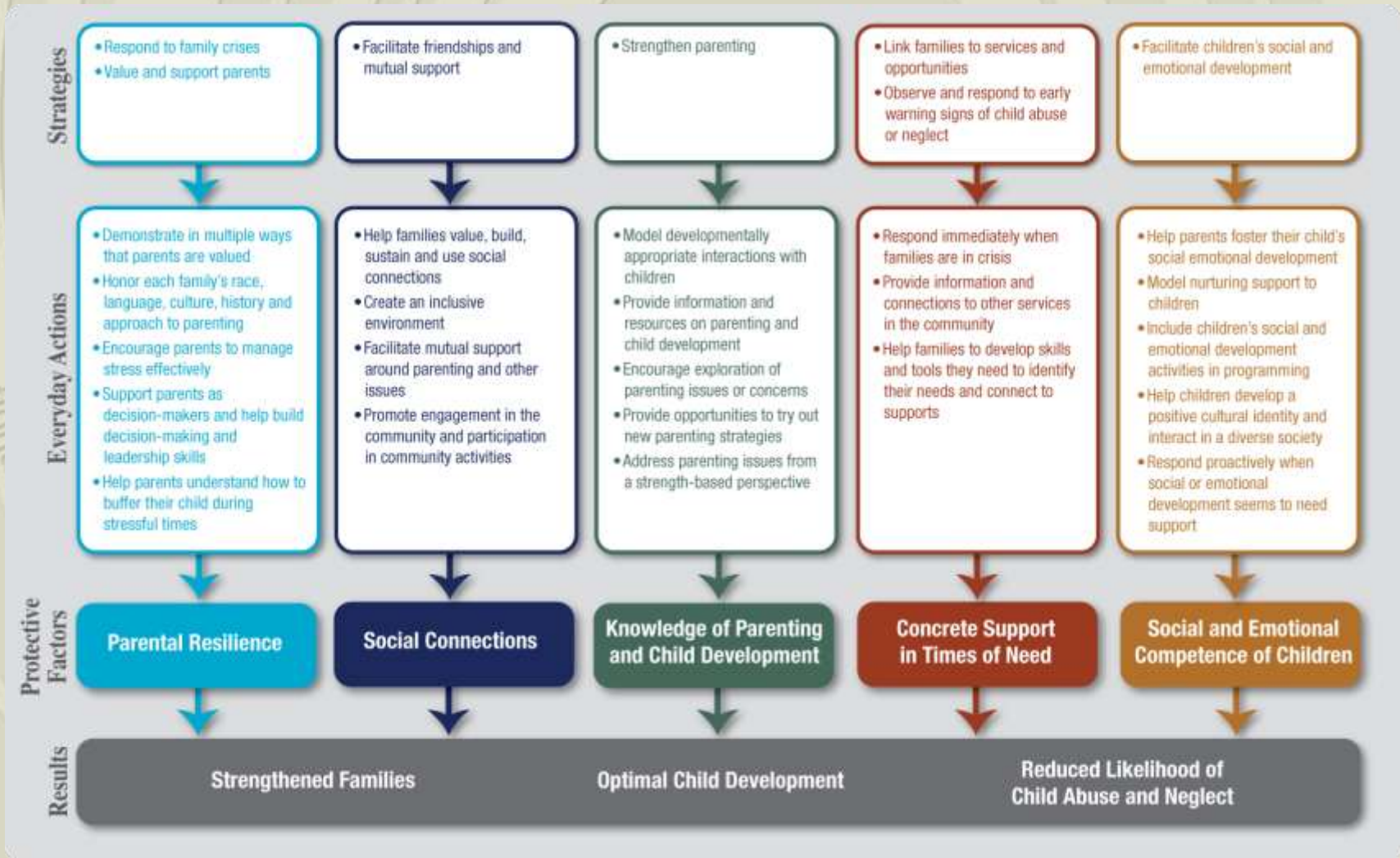
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Part of a National and International Movement



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Strategies and Everyday Actions that Help Build Protective Factors



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Understanding and Putting Aside Our Biases

Social and Emotional Competence of Children
Knowledge of Child Development
Concrete Support in Times of Need
Social Connections
Parental Resilience

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A single parent who is working two jobs, has no transportation, and does not bring his/her child to the center on time.

A parent who just moved here to the city, appears to have an alcohol problem, and has a child with special needs.

Four Corners

An undocumented immigrant who works a construction job at night, has very limited English skills, and has three children.

A parent of two preschoolers who is in a wheelchair because of cerebral palsy and whose extended family lives very far away.

Protective Factors Are Dependent on Culture

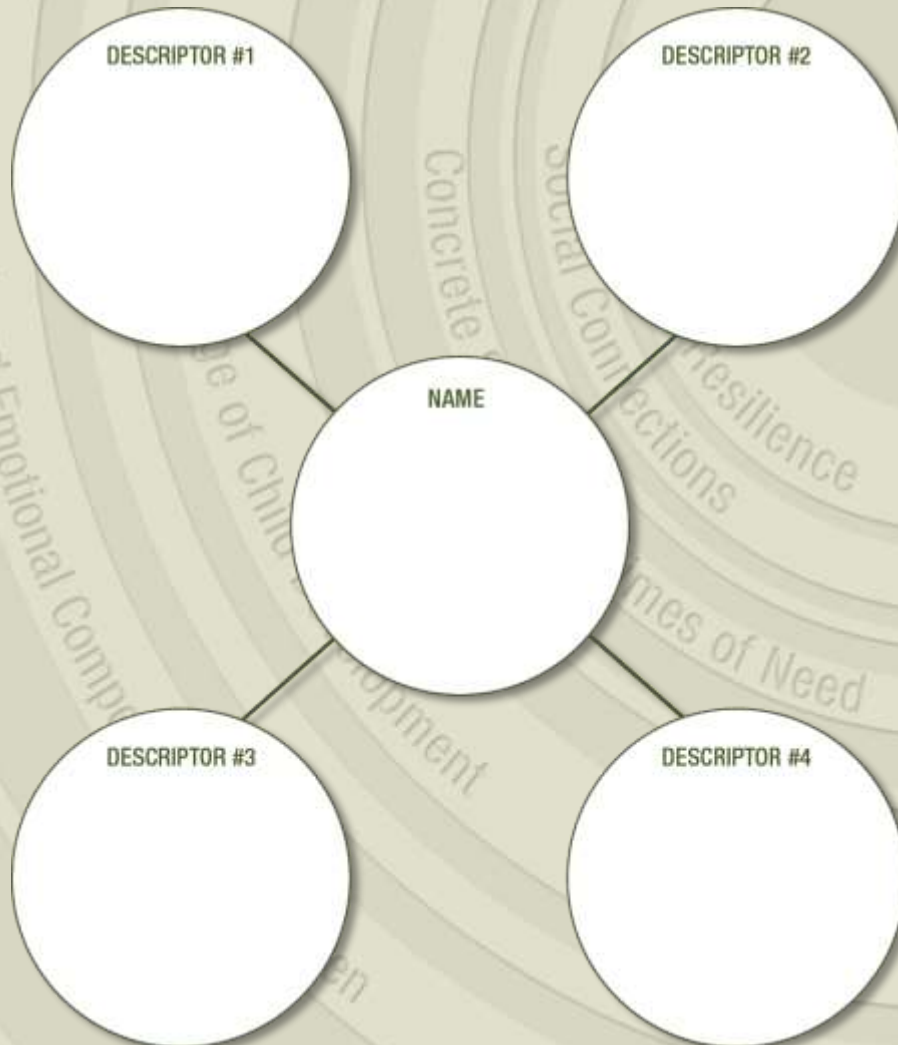
As we consider each Protective Factor, ask yourself these three questions:

1. How does culture impact this Protective Factor in a family?
2. How does your own culture shape how you feel, how you react and what you say or think?
3. How does culture impact what you are teaching?



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Circles of My Multicultural Self



- Share a story about a time when you were **especially proud to identify** with one of the descriptors you used.
- Share a story about a time it was especially **painful to be identified with** one of your identifiers or **descriptors**.
- Name a **stereotype** associated with one of the groups with which you identified that is **not consistent** with who you are. Fill in the following sentence:
 - I am (a/an) _____ but I am NOT (a/an) _____.

Why Is It Important to Build Partnerships with Families?



- The family is the center of a child's life; working with parents gives us a more holistic view of how to support and strengthen that family.
- Highly involved families almost double the positive odds for their children in education, health promotion and social-emotional development.

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Why Do Parents Get Involved?

- They believe the issue is important to them and their family.
- They believe they have something to contribute.
- They believe they will be listened to and their contributions respected.
- They believe that their participation will make a difference.



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How Do Parents Stay Involved?



- Multiple opportunities for participation, from a small contribution of time to progressively larger contributions of time and effort.
- Families receive sufficient advanced notice.
- Their participation is facilitated by: child care, transportation, dinner, some form of compensation, educational benefits.

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How Do Parents Stay Involved?

- Families are listened to: their ideas are supported and respected.
- They do not experience retribution as a result of their participation.
- Family participation has an impact.
- Their participation is consciously and visibly appreciated.



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Getting Started – Engaging Parents

- Ask parents what they want and need from your program.
- Frame it in terms of the protective factors:
 - What's hard about parenting?
 - How can we be a more welcoming place for parents, where families feel comfortable asking for help or advice?
 - How can we reach out to and support families when they are overwhelmed, stressed or isolated?
 - How can we make it easier for parents to connect to each other?



What Makes Your Family Strong?

**This is a messaging campaign designed by an
Early Childhood Collaborative in Michigan.**

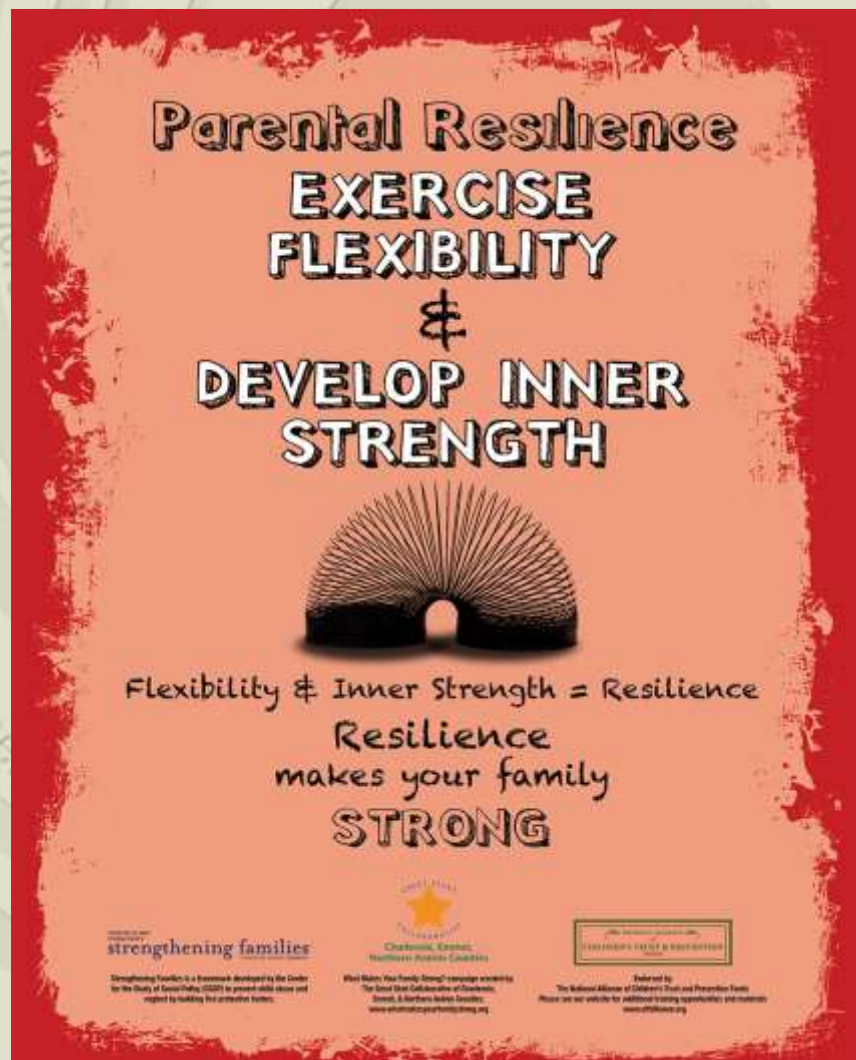
**The common language in these posters was created with
parent input and for parent engagement.**

**The What Makes Your Family Strong? campaign has attracted
attention across the country and can be used as a training
tool with professionals and parents.**

To download posters, visit: www.whatmakesyourfamilystrong.org

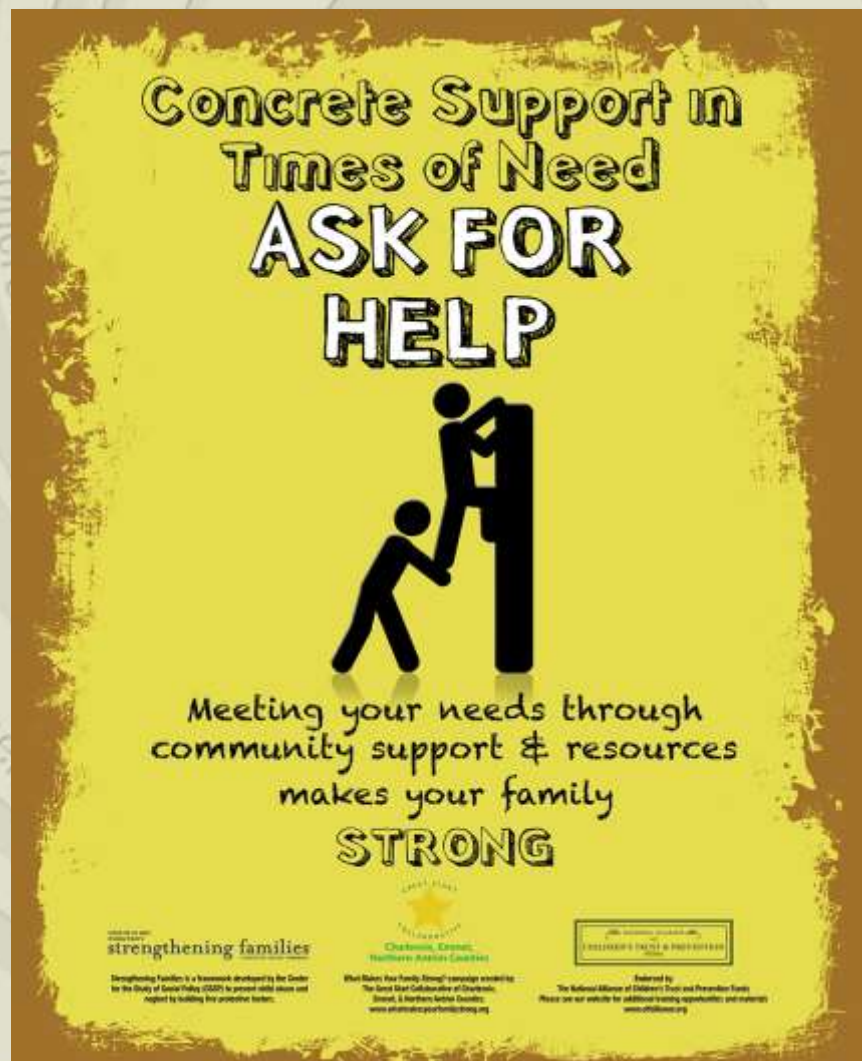
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<http://www.whatmakesyourfamilystrong.org/>



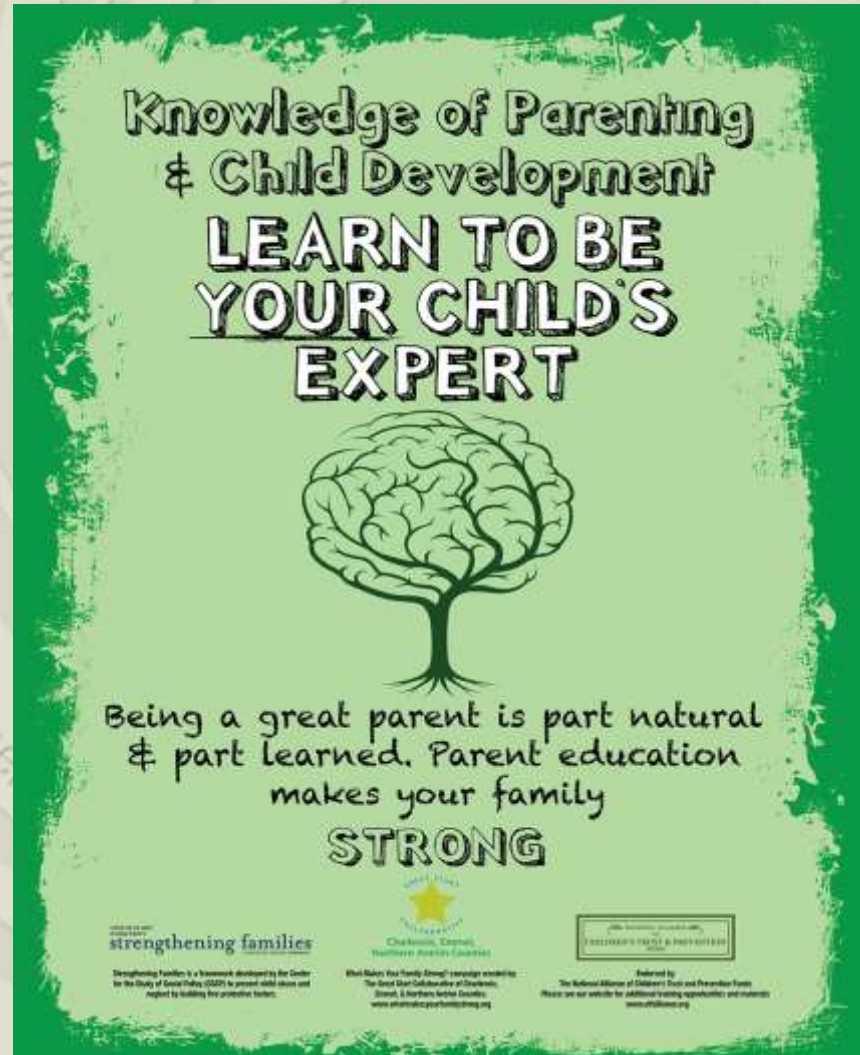
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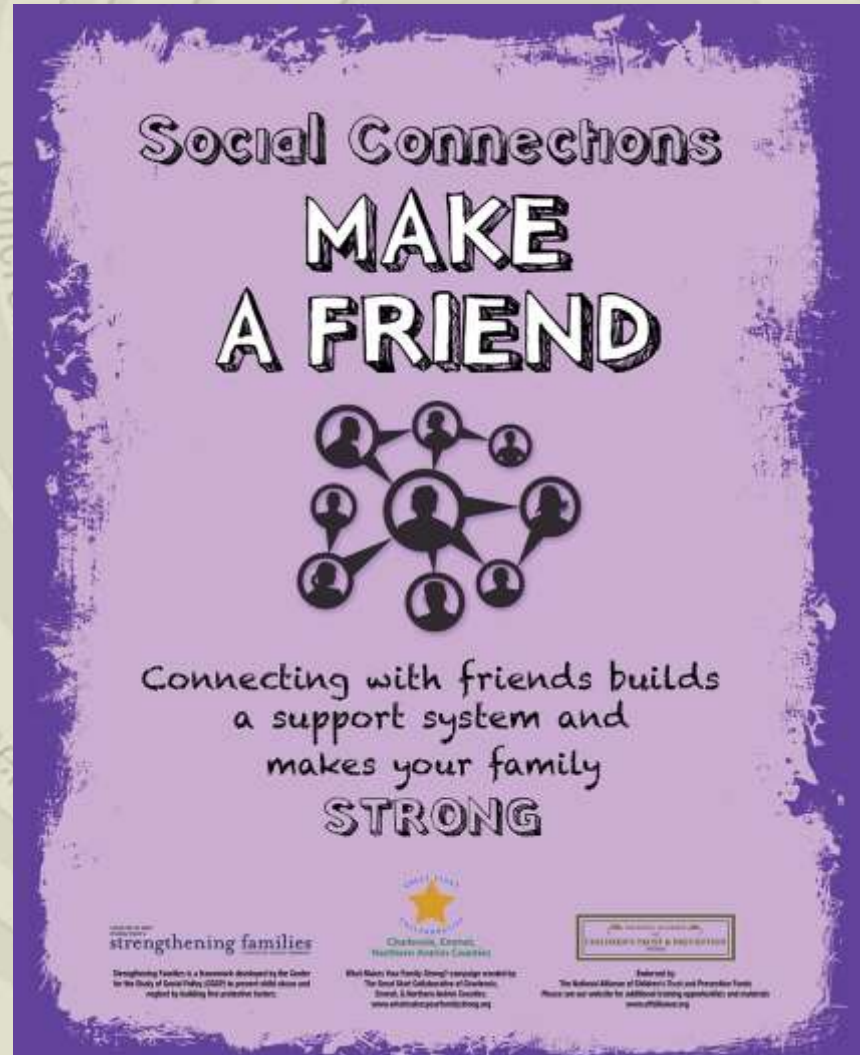
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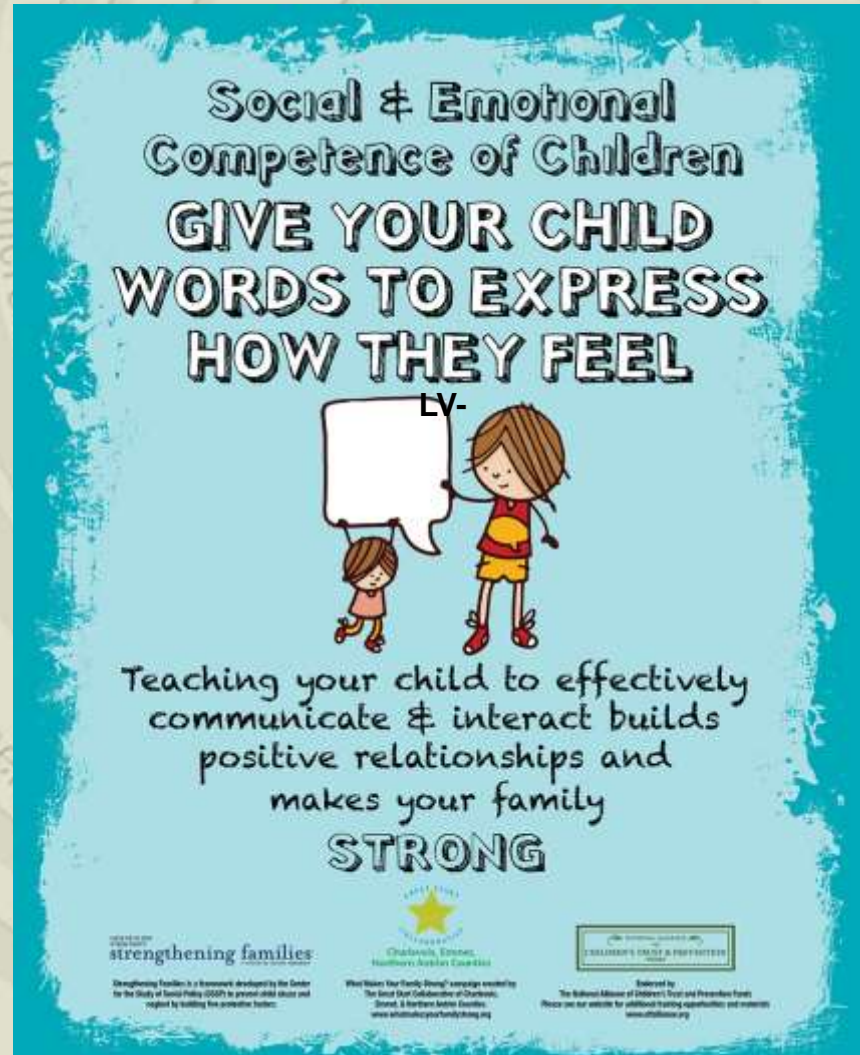
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WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...
Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...
The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

Parental Resilience
Exercise Flexibility
✦ Develop your inner strength

Social Connections
Make a friend

Knowledge of Parenting & Child Development
Learn to be your child's expert

Concrete Support in Times of Need
Ask for help

Social & Emotional Competence of Children
Give your child words to express how they feel

strengthening families
Department of Social Policy (DSP)
What Makes Your Family Strong? was developed by the Center for the Study of Social Policy (CSP) in partnership with the Department of Social Policy (DSP) and the Department of Social Policy (DSP).

Child Welfare, Social, & Health Services Division
What Makes Your Family Strong? was developed by the Center for the Study of Social Policy (CSP) in partnership with the Department of Social Policy (DSP) and the Department of Social Policy (DSP).

THE NATIONAL ALLIANCE OF CHILDREN'S TRUST & PREVENTION FUNDS
www.nacpf.org

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The "How to Remember the 5 Protective Factors" poster was inspired by a parent leadership council with direct input on language.

This is an example of how one community engaged and valued parent input to build the Strengthening Families Protective Factors.

Since, the creation of these posters, they have expanded their messaging campaign to include a website (www.whatmakesyourfamilystrong.org), a community Strengthening Families guide, and additional promotional materials.

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How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

Social & Emotional Competence of Children

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Index Finger represents Knowledge of Parenting and Child Development

because you are your child's
1st teacher!



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.



Your Pinky Finger signifies Concrete Support in Times of Need

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Ring Finger stands for Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



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Social and Emotional Competency



The National Alliance of Children's Trust and Prevention Funds:

- Ensures all states have a strong and effective children's trust or prevention fund capable of leading and investing in strategies, policies and best practices that prevent child abuse and neglect before it occurs.
- Initiates and engages in national efforts that help state children's trust and prevention funds in strengthening families to prevent child abuse and neglect.
- Promotes and supports a system of services, laws, practices and attitudes that supports families by enabling them to provide their children with safe, healthy and nurturing childhoods.

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Contact

If you have questions about
Bringing the Protective Factors Framework to Life in Your Work,
please contact the Alliance at:

info@ctfalliance.org

If you are interested in participating in a Training for Trainers for
Bringing the Protective Factors Framework to Life in Your Work,
please contact the Alliance at:

tot@ctfalliance.org