

Knowledge of Parenting and Child Development

Information on how kids grow and how to help each unique child thrive

How have you learned to parent?

Social Connections

Having friends, family and community that provide emotional support in tough times and help celebrate good times

Who's got your back?

Concrete Support in Times of Need

Access to services and resources that keep a family safe and healthy, such as food, shelter, and healthcare

When do you ask for help?

Parental Resilience

The ability to bounce back from stress and cope with challenges in a positive way

How do you get through your challenges?

Social and Emotional Competence of Children

Children know that they belong, know they are loved, understand their feelings and can get along well with others

What kind of person do you want your child to be?



Which protective factor would you like to start exploring first?

