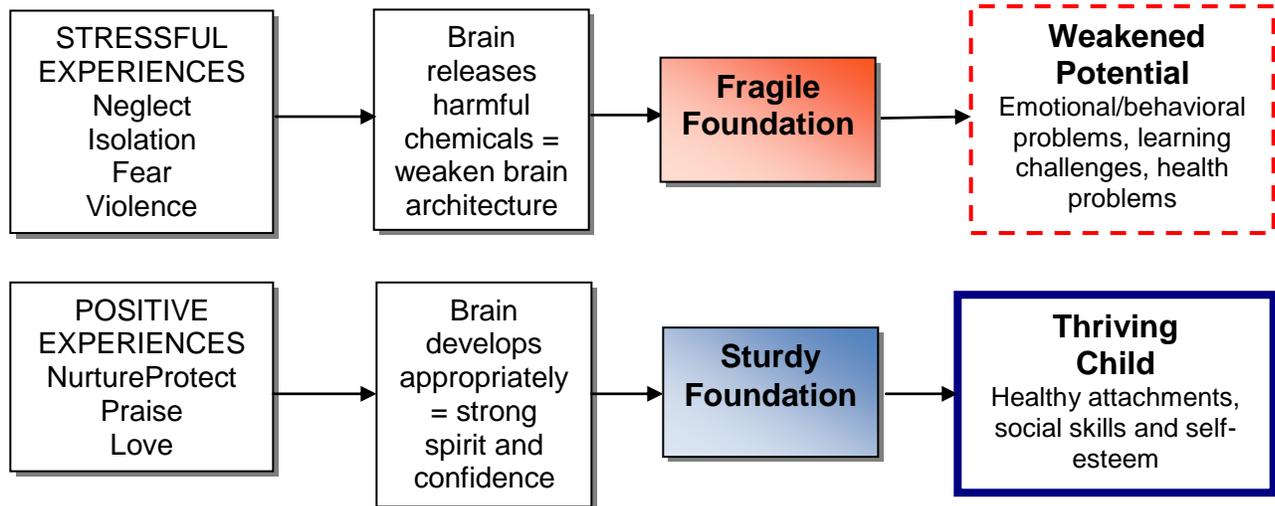


Strengthening Families

Research shows that NURTURING, PROTECTING, PRAISING, and LOVING a child establishes a sturdy foundation for healthy development.

Building a sturdy foundation early in life is easier than fixing a fragile foundation later in life.



Positive Experiences = ↓ Risky Behaviors & ↑ Thriving!

The **Five Protective Factors** diminish the likelihood of child abuse and neglect.

Parental Resilience: The ability to cope and bounce back from all types of challenges

Social Connections: Friends, family members, neighbors, and other members of community who provide emotional support and concrete assistance to parents.

Knowledge of parenting and child development: Accurate information about raising young children and appropriate expectations for their behavior.

Concrete supports in times of need: Financial security to cover day-to-day expenses and unexpected costs that come up from time to time, access to formal supports like TANF and Medicaid, and informal supports from social networks.

Children's social and emotional development: A child's ability to interact positively with others and communicate his or her emotions effectively.



It only takes a minute

to make a difference in the life of a child

Daily Acts of Kindness Towards Children

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read to a child.	Compliment and encourage a child.	Start a Meal Tradition: Taco Tuesday	Listen to your children's stories and dreams. It helps build self-esteem.	Praise your children for what they are doing well.	Sing a song with your child.	Color a special picture with your child. Hang it on the refrigerator.
Go for a family bike ride.	Set aside time each day to focus entirely on your child.	Baby-sit free for a parent who needs a break.	Let your child overhear you telling someone how great your child is.	Take your child to the zoo.	Help your child pick out old toys to give away.	Play your child's favorite game.
Make cookies with your child and take them to your neighbors.	Hug your children for no reason.	Turn up the radio and dance all together.	Do something relaxing to take care of yourself.	Take your children to visit a fire station.	Give everyone in your family a hug today.	Have the family go for a long walk together .
Teach your child words to describe their feelings.	Rent a family movie and share a bowl of popcorn.	Go to a parenting workshop.	Learn how, when, and what to report about suspected child abuse.	Ask your children what was the best part of their day.	Tell your children "I love you."	Take your family to the park for a picnic.
Make Sunday dinner together as a family.	Ask your children about their favorite subject in school.	Plan an activity with another family.	Have a block party to meet your neighbors.	Take your child to the library and check out a special book.	Make Friday night Family Night!	Help your child send a note, picture, or card to someone they appreciate.

