

5 Protective Factors

Social and Emotional Competence

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



Resilience

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

Social Connections

Parents need people, too. 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.

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.

Knowledge of Parenting & Child Development

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

The five protective factors are characteristics that have been shown to make positive outcomes more likely for young children and their families, and to reduce the likelihood of child abuse and neglect.

For more information

Please call 309-736-7170, email info@foreverychild.org, or visit www.foreverychild.org



Social and Emotional Competence

How do you help your child gain social and emotional competence?

Try these things:

- Model emotions and behaviors you want your child to show
- Be responsive to their emotions and behaviors
- Play games that encourage turn taking, sharing, win or lose, and negotiating

You are their first role model and kids tend to copy emotions, behaviors, and habits of those closest to them.

Social Connections

As adults it can be hard to put ourselves out there and make new social connections. Here are a few ways to increase your opportunities for social interaction:

- Try an activity at a community center
- Take a class (yoga, art, writing, etc.)
- Join a spiritual group
- Go for a walk at the mall, your neighborhood, around your office
- Volunteer your time (shelter, classroom, etc.)

Concrete Support

Knowing who you can talk to for help/support when you don't know where to start can help. A good starting place is to contact your local health department or Child

- Care Resource and Referral
- Rock Island County Health Department: 309-793-1955
 - Scott County Health Department: 563-326-8618
 - Illinois CCR&R: 309-205-3070
 - Iowa CCR&R: 866-324-3236

Resilience

Resilience is being able to cope and thrive despite the tough times. We are not born resilient, but we can learn how to be resilient by doing the following:

- Learning to ask and accept help
- Developing trust in yourself and others
- Showing empathy
- Expressing your feelings
- Take care of yourself, know your limits
- Develop strong personal connections

Knowledge of Parenting & Child Development

Being a parent isn't easy. Everyone needs a little support sometimes. It is part of our mission at EveryChild is give parents the information and support they need to raise happy, healthy kids. Start with:

- Setting family rules
 - Having daily routines for meals, bed and bath times
 - Naming emotions and helping kids deal with their emotions
- For more information or to get involved with a support class please contact EveryChild at info@foreverychild.org