

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



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