

## Social and Emotional Competence

Parents support *healthy social and emotional development in children* when they model how to express and communicate emotions effectively, self-regulate, and make friends, which are *crucial skills to learn*.

## Knowledge of Parenting & Child Development

Having a good *working knowledge of child development* helps parents understand what behaviors and milestones should be expected at different ages, and helps ensure children grow *healthy and strong*.

## Social Connections

Parents and caregivers with a social network of *emotionally supportive friends, family, and neighbors* often find that it is easier to care for their children and themselves.

## Nurturing & Attachment

When parents and children have *strong, warm feelings for one another*, children develop trust that their parents will *provide what they need to thrive*, including love, acceptance, positive guidance, and protection.

## Concrete Supports

Families who are able to *meet their basic needs* (adequate shelter, clothing, and food) are better able to ensure the *safety and well-being of their children*.

## Parental Resilience

Parents who can *cope with the stresses of everyday life* have resilience; they have the flexibility and inner strength necessary to *adapt* and *bounce back*.

# 6 Protective Factors

