

SIX PROTECTIVE FACTORS



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 and are **better able to ensure the safety and well-being** of their children.

Concrete Support



Children's early experiences of being nurtured and developing a **positive relationship** with caring adults affects **all aspects** of behavior and development.

Social and Emotional Competence



Research consistently shows children who receive **affection and nurturing** from a **consistent caregiver** have the best chance of growing up to be happy, healthy and productive. Research also shows these children **do better** academically, behaviorally, and have an **increased ability to cope with stress**.

Nurturing and Attachment



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.



Knowledge of Parenting and 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.



Social Connections

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.



ACEs can have devastating impacts on long-term health.

When a child experiences adverse childhood experiences (ACEs), it can have life-long consequences for physical and mental health. But, one caring adult can make a difference. That's why we know building protective factors in parents, communities and businesses is important.