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.

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

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.

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.

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

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.

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.