

# Community Resources

## for the Protective Factors

### **Protective Factor 1: Nurturing and Attachment**

(View the E-Book here: <http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/ProtectiveFactor1.pdf>)

- ***Nurturing and Attachment, Child Welfare Information Gateway.*** <https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/nurture-attach/>. This link provides handouts in PDF form related to nurturing, including a guide for adolescents, a list of nurturing parenting programs, and tips for encouraging a healthy attachment.
- ***The Nurturing Parent, Love Our Children USA.*** <http://www.loveourchildrenusa.org/nurturingparent.php>. This link explains children's need for nurturing and gives helpful examples for parents to ensure they are nurturing their children effectively.
- ***10 Ways to Nurture Your Child, Everyday Health.*** <http://www.everydayhealth.com/depression/treating/tips/10-ways-to-nurture-your-child.aspx>. This link identifies specific ways to promote a child's emotional well-being to develop a stronger sense of self and resilience, quoting the need to first fulfill basic needs, such as food, shelter, clothing, and safety.
- ***Keys to Building Attachment with Young Children, North Dakota State University.*** <http://www.ag.ndsu.edu/pubs/yf/famsci/fs631.pdf>. This pamphlet covers strategies to foster healthy attachment in young children, including parenting tips, relevant research, parental behavior, attachment challenges, and the benefits of healthy attachment.
- ***Older Children, Attachment Parenting International.*** <http://www.attachmentparenting.org/parentingtopics/olderchildren>. This link includes tips for helping parents maintain secure attachments for children as they grow older by supporting a mindset of nonviolent communication and positive discipline.

## **Protective Factor 2: Knowledge of Child Developmental Stages**

(View the E-Book here: <http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/ProtectiveFactor2.pdf>)

- ***Knowledge of Parenting and Child Development, Center for the Study of Social Policy.*** [http://www.cssp.org/reform/strengthening-families/2013/SF\\_Knowledge-of-Parenting-and-Child-Development.pdf](http://www.cssp.org/reform/strengthening-families/2013/SF_Knowledge-of-Parenting-and-Child-Development.pdf). This link provides research and explanations for why the knowledge of child development is so important in parenting and securing the protective factors in young children.
- ***Knowledge of Parenting and of Child and Youth Development, Child Welfare Information Gateway.*** <https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/knowledge/>. This link provides helpful handouts related to the knowledge of parenting and child and youth development, including relevant research, how to handle the challenges of parenting, signs of birth defects and developmental disabilities, and how understanding child development can be used as a violence prevention tool.
- ***Early Child Development, World Health Organization.*** [http://www.who.int/social\\_determinants/themes/earlychilddevelopment/en/](http://www.who.int/social_determinants/themes/earlychilddevelopment/en/). This link explains the importance of early child development as a social determinant for health and its effects on well-being, obesity, mental health, heart disease, competence in literacy and numeracy, criminality, and economic participation throughout life. WHO's publication *Final report of the Early Child Development Knowledge Network* (Available through the link) proposes ways government and civil society actors can work with families to ensure equal access to nurturing environments for children globally.
- ***Child Development, Centers for Disease Control and Prevention.*** <http://www.cdc.gov/ncbddd/childdevelopment/>. This link has a large amount of helpful information, including the basics of development and milestones children should reach, positive parenting tips, and research on child development and health.

## **Protective Factor 3: Parental Resilience**

(View the E-Book here: <http://familyvio.csw.fsu.edu/wp-content/uploads/2015/04/ProtectiveFactor3.pdf>)

- ***Parental Resilience, Child Welfare Information Gateway.***  
<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/resilience/>. This link provides resources on parental resilience, including coping skills when facing adversity, skills to build resiliency in child abuse organizations, and a handbook of family resilience.
- ***Strengthening Families: Parental Resilience, University of Florida.***  
<http://edis.ifas.ufl.edu/fy1243>. This article provides an overview of the importance of parental resilience, as well as specific characteristics essential for parents to be resilient throughout life. These include humor, flexibility, problem solving, coping, and more.
- ***Parental Resilience, Center for the Study of Social Policy.***  
[http://www.cssp.org/reform/strengthening-families/2013/SF\\_Parental-Resilience.pdf](http://www.cssp.org/reform/strengthening-families/2013/SF_Parental-Resilience.pdf). This article discusses parental resilience as a protective and promotive factor for children. It covers the ways parental resilience can act as a protective factor and the important life events parents need resiliency for.
- ***Parental Resilience: Fact Sheet for Early Care & Education Program Staff, Center for the Study of Social Policy.***  
[http://www.cssp.org/reform/strengthening-families/resources/body/staff\\_handout\\_-\\_parental\\_resilience.pdf](http://www.cssp.org/reform/strengthening-families/resources/body/staff_handout_-_parental_resilience.pdf). This handout links social services providers with tips for building parental resilience, questions to ask staff members, and the mantra “Be Strong and Flexible”. This could be used for distribution at your program.
- ***Parental Resilience Posters, What Makes Your Family Strong.***  
[http://www.whatmakesyourfamilystrong.org/Be\\_Strong\\_Posters\\_8\\_x\\_10.pdf](http://www.whatmakesyourfamilystrong.org/Be_Strong_Posters_8_x_10.pdf). These posters provide a valuable resource for any program to hang up or hand out to foster understanding of the importance of parental resilience as a protective factor. These posters encourage parents to get informed and seek help!

## **Protective Factor 4: Supportive Social Connections**

(View the E-Book here: <http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/2014Protective-Factor-4-forDCFFINAL.pdf>)

- ***Social Connections, Child Welfare Information Gateway.***  
<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/social-connect/>. This link provides resources and handouts on how to foster social connections for families, including joining a family support group, online social support interventions, and connecting to resources in the community. Information on fatherhood involvement, the connection to child abuse and neglect, and the specific effects on different populations also exists here.
- ***Social Support: Tap this tool to beat stress, Mayo Clinic.***  
<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/social-support/art-20044445>. This article discusses the effects social support can have on preventing stress, increasing sense of belonging and self-worth, and promoting security. It also gives realistic tips on how parents can cultivate a social support network.
- ***Social Support: Getting and Staying Connected, Mental Health America.***  
<http://www.mentalhealthamerica.net/conditions/social-support-getting-and-staying-connected>. This article reviews easy ways parents can increase their social support, promote connection through social media, and build social connections that are lacking.
- ***Linking Health Communication with Social Support, Kendall Hunt Publishing Co.***  
[https://www.kendallhunt.com/uploadedFiles/Kendall\\_Hunt/Content/Higher\\_Education/Uploads/Mattson\\_Ch6.pdf](https://www.kendallhunt.com/uploadedFiles/Kendall_Hunt/Content/Higher_Education/Uploads/Mattson_Ch6.pdf). This textbook chapter reviews social support and its components, the types of social support, the health benefits associated with social support, and key communication tactics and behaviors needed to foster healthy social support.

## **Protective Factor 5: Access to Concrete Community Supports**

(View the E-Book here: <http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/Protective-Factor-5-Acess-to-Concrete-Community-Supports1.pdf>)

- ***Strengthening Families: Concrete Support in Times of Need, University of Florida.*** <http://edis.ifas.ufl.edu/fy1246>. This article reviews the importance of concrete supports, when to ask for help, and resources for Florida that can help families financially and socially.
- ***Your Path to Government Benefits, Benefits. Gov.*** <http://www.benefits.gov/>. This link helps individuals obtain information on which government benefits they may be eligible to receive and helps them through the steps involved.
- ***Homeless Shelter Directory, Helping the Needy.*** <http://www.homelesshelterdirectory.org/>. This link provides a way for individuals to find homeless shelters in their area.
- ***SNAP (Food Stamps) Assistance, Social Security Administration.*** <http://www.ssa.gov/pubs/EN-05-10101.pdf>. This link gives information to individuals about who can apply for SNAP, the requirements, and how to apply.
- ***Resources and Support for Grandparents Raising Grandchildren, Hi'i Na Kupuna Coalition.*** [http://www.ctahr.hawaii.edu/maui/downloads/news/HNK\\_3\\_3\\_fall11.pdf](http://www.ctahr.hawaii.edu/maui/downloads/news/HNK_3_3_fall11.pdf). This handout explains concrete support to grandparents, giving them examples and resources they can reach out to in times of need.
- ***National Resource Directory for Veterans and Their Families, EBenefits.*** <https://www.ebenefits.va.gov/ebenefits/nrd>. This link helps families with military service involvement find benefits that can serve as concrete support in times of need.

## **Protective Factor 6: Social and Emotional Competence of Children**

(View the E-Book here: [http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/6-Protective-Factors-SIXFinal\\_reduced.pdf](http://familyvio.csw.fsu.edu/wp-content/uploads/2010/05/6-Protective-Factors-SIXFinal_reduced.pdf))

- ***5 Steps to Nurture Emotional Intelligence in Your Child, Aha! Parenting.*** <http://www.ahaparenting.com/parenting-tools/emotional-intelligence/steps-to-encourage>. This link gives basic tips that parents should follow to encourage emotional intelligence in their children, such as utilizing empathy, allowing expression, and listening to feelings often.
- ***Social Emotional Competence, Wisconsin Early Childhood Collaborating Partners.*** <http://www.collaboratingpartners.com/social-emotional-competence-about.php>. This article describes the importance of social and emotional development in children and gives tips to help parents foster this development in their children.
- ***Strengthening Social and Emotional Competence in Young Children, Infants and Young Children.*** [http://depts.washington.edu/isei/iyc/stratton\\_17\\_2.pdf](http://depts.washington.edu/isei/iyc/stratton_17_2.pdf). This article describes the ways in which social and emotional competence helps prepare children for early school readiness and success, giving research and statistics to foster understanding.
- ***The Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children Fact Sheet, Technical Assistance Center on Social Emotional Intervention.*** [http://challengingbehavior.fmhi.usf.edu/do/resources/documents/pyramid\\_model\\_fact\\_sheet.pdf](http://challengingbehavior.fmhi.usf.edu/do/resources/documents/pyramid_model_fact_sheet.pdf). This handout describes the tiered framework of the pyramid model in supporting social emotional competence in young children, discussing primary, secondary, and tertiary interventions and the assumptions of the model.