



COASTAL COMMUNITIES

Living the Protective Factors

HOW TO KEEP OUR CHILDREN
SAFE AND FAMILIES STRONG

PROTECTIVE

Factors

1

Parental
Resilience

2

Positive Social
Connections

3

Knowledge of
Parenting & Child
Development

4

Concrete Support
in Times of Need

5

Social & Emotional
Competence of
Children

WHAT ARE

Protective Factors?

Protective factors are the strengths and resources that families can draw on when life gets difficult. Taking those good characteristics and building on them is a proven way to strengthen the entire family and thus decrease the likelihood of maltreatment. Each of the protective factors is essential, but most important is what they do together to create strength and stability in families.

(Who Makes Families Strong? Parents, Dept. of Children and Families, Division of Prevention and Community Partnerships, www.nj.gov/dcf, p. 2)

1

Parental Resilience

Resilience is the ability to understand how to manage out thoughts, emotions, and actions to stay positive and how to react and respond to the pressures of life. Resilience is the ability to not allow anything to keep us to from protecting and nurturing our children.

Parental resilience allows us to be flexible and resource enough to bend and not break in the face of parental challenges. Resilience strengthen our ability to keep learning and growing as parents even when its outside of our comfort zone.

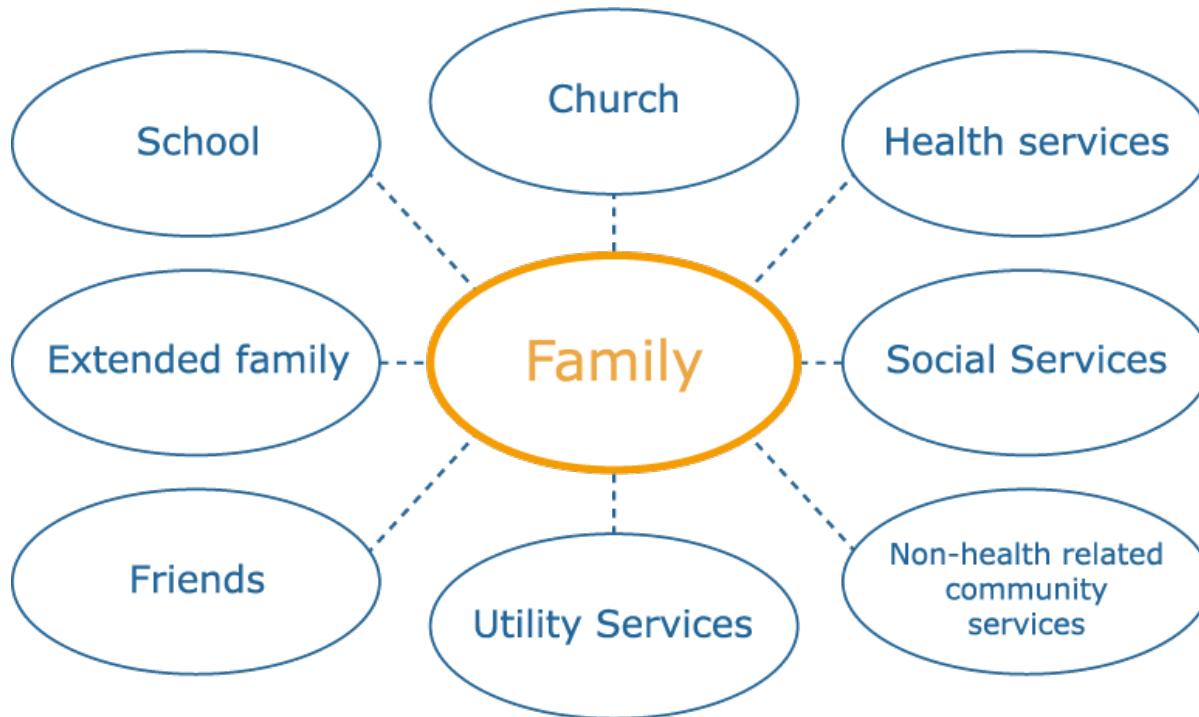


2

Social Connections

The relationships of non-neglecting mothers are characterized by trust, reciprocity, flexibility, and a balance of independence and mutual assistance.

STRUCTURE OF ECOMAP



3

Knowledge of Parenting & Child Development

Adults who physically abuse children commonly have inappropriate expectations of children's abilities and assess children's behaviors in excessively negative ways.



3

Knowledge of Parenting & Child Development

“Fortunately, psychologists have discovered that some of the missing parenting skills can be taught. Parents can be shown how to keep track of where children are, what they are doing, and with whom they are playing. If children know someone is watching them and they may get caught, they are less likely to spot when something is starting to go wrong. Setting boundaries is essential, so that the child eventually makes these a part of his own internal gyroscope. So too is consistent, non-physically abusive discipline. Children who are beaten learn to treat others the same way, using aggression to get what they want. But when parents are instructed in better skills, teachers say the children exhibit few discipline problems in school and engage in less lying, stealing, cheating, talking back, and playing hooky. The parents find their offspring less angry, and the children report feeling better about themselves. The magnitude of change in a child, it turns out, is correlated with the magnitude of improvement in parenting skills.” (All God’s Children, Fox Butterfield, 1995)

4

Concrete Support in Times of Need

Family poverty is the strongest factor known to be correlated with child abuse and neglect.

“For these are all our children. We will all profit, or pay for, whatever they become.”

James Baldwin



5

Social & Emotional Competence of Children

Kids with difficult behaviors are a greater risk of being caught in an escalating cycle of conflict with parents, which may involve physical abuse. Quality of a child's social relationships affects their sense of self-worth, competence, & overall view of the world

Early social development tends to set kids on a path towards either social competence or deviancy in middle childhood and adolescence. Children that have poor attachment with their caregivers are at risk for developmental problems and are more likely to develop emotional problems later on, such as depression, anxiety, & behavioral disorders.



A vibrant field of yellow sunflowers in the foreground, with a bright sun shining through the center, creating a lens flare effect. The background features a sky with soft, white clouds. The overall mood is warm and hopeful.

“Families can be rebuilt.”

- Fox Butterfield