



The Parenting Journey & The Six Protective Factors

Protective Factor 1 - Parental Resilience

Parents who are emotionally resilient have a positive attitude, creatively solve problems, effectively address challenges, and are less likely to direct anger and frustration at their children. Resilient parents are able to handle everyday stressors and recover from occasional crisis. They find ways to problem solve and know how to seek help when necessary.

***Our response:** Parenting Journey participants learn to navigate life's challenges. They are coached in goal-setting and problem-solving. Over the course of the 12-sessions parents learn ways to deal with stress and manage unexpected situations.*

Protective Factor 2 - Social Connections

Networks of support are essential to parents. Friends, family, and neighbors provide emotional support, help solving problems, offer parenting advice, and give concrete assistance. Social connections reduce feelings of isolation and reduce the risk of child abuse and neglect.

***Our response:** The group-based design of the program builds a network of support amongst the parents. The curriculum provides multiple opportunities to share and to be appreciated, which motivates parents to cultivate social support in other contexts.*

Protective Factor 3 - Concrete Support in Times of Need

Parents need basic resources such as food, clothing, housing, transportation, and health care to ensure the health and well-being of their children. Some families may also need support connecting with social services such as alcohol treatment. These combined efforts help families cope with stress and prevent situations where maltreatment could occur.

***Our response:** During each group, facilitators display materials and share contact information for people and places that can help parents access community resources available to them. Facilitators are also trained to identify situations requiring special assistance.*

Protective Factor 4 - Knowledge of Parenting & Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age helps parents see their children and youth in a positive light and promote their healthy development. Parents who experienced negative childhood experiences may need extra help to change the patterns they learned as children.

***Our response:** Participants are encouraged to share current parenting practices, positive or negative, that have been influenced by their past. They are guided to focus on the attitudes, skills, and practices that have a positive impact on their children.*

Protective Factor 5 - Social & Emotional Competence of Children

Just like learning to walk, talk, or read, children must also learn to identify and express emotions effectively. Parents help children learn to identify and properly communicate their feelings with others. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

***Our response:** In each session, parents practice routines and experience consistency and respectful behavior. Parents are encouraged to model these behaviors at home to create a structure that can support the growth and development of their children.*

Protective Factor 6 - Nurturing & Attachment

Early experience of being nurtured and developing a bond with a caring adult affects all aspects of a child's behavior and development. 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.

***Our response:** The Parenting Journey teaches parents skills that promote loving and nurturing. Parents learn techniques such as reflective listening and are encouraged to repeat these practices at home with their children to foster both bonding and a sense of security.*