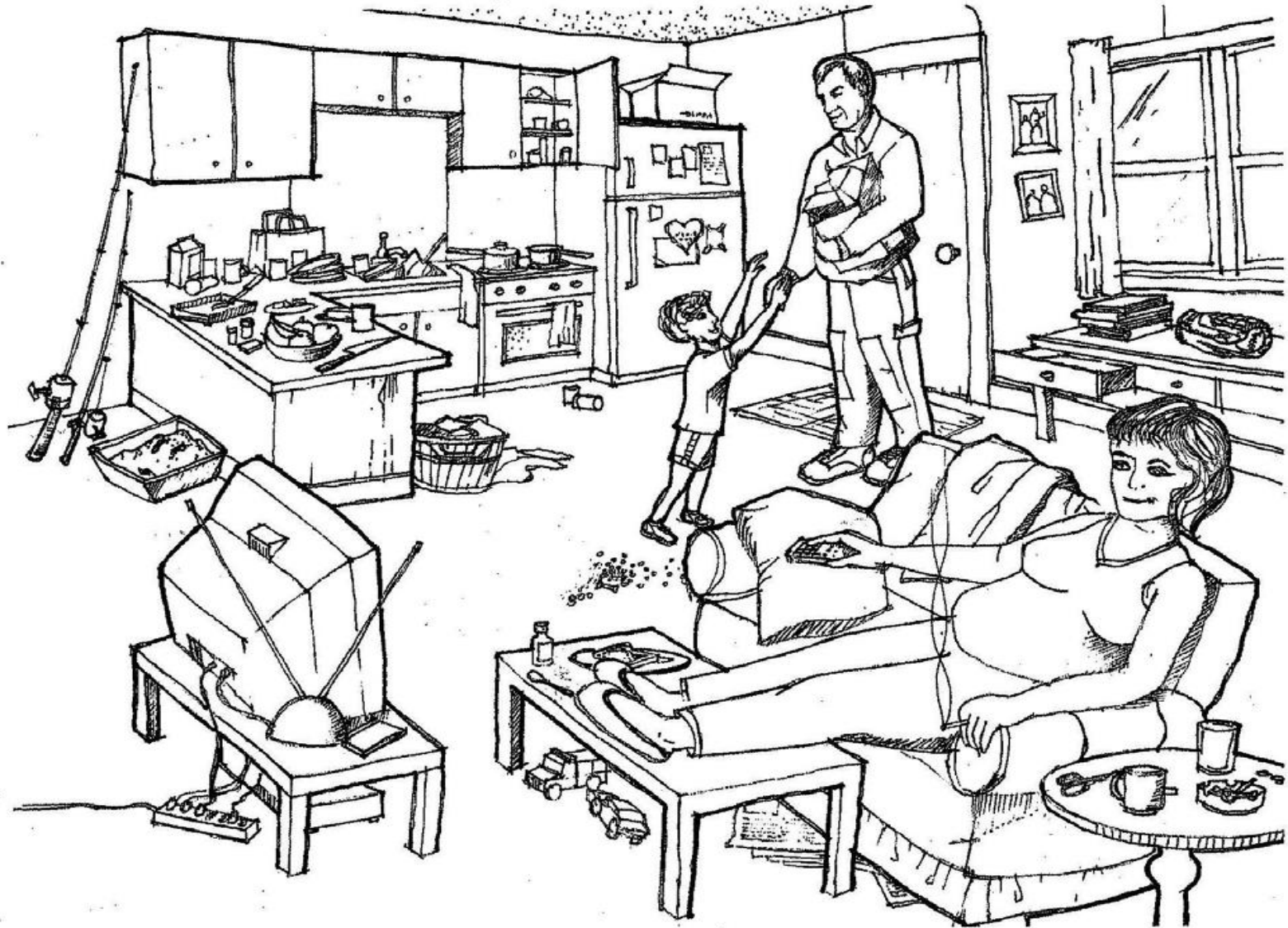
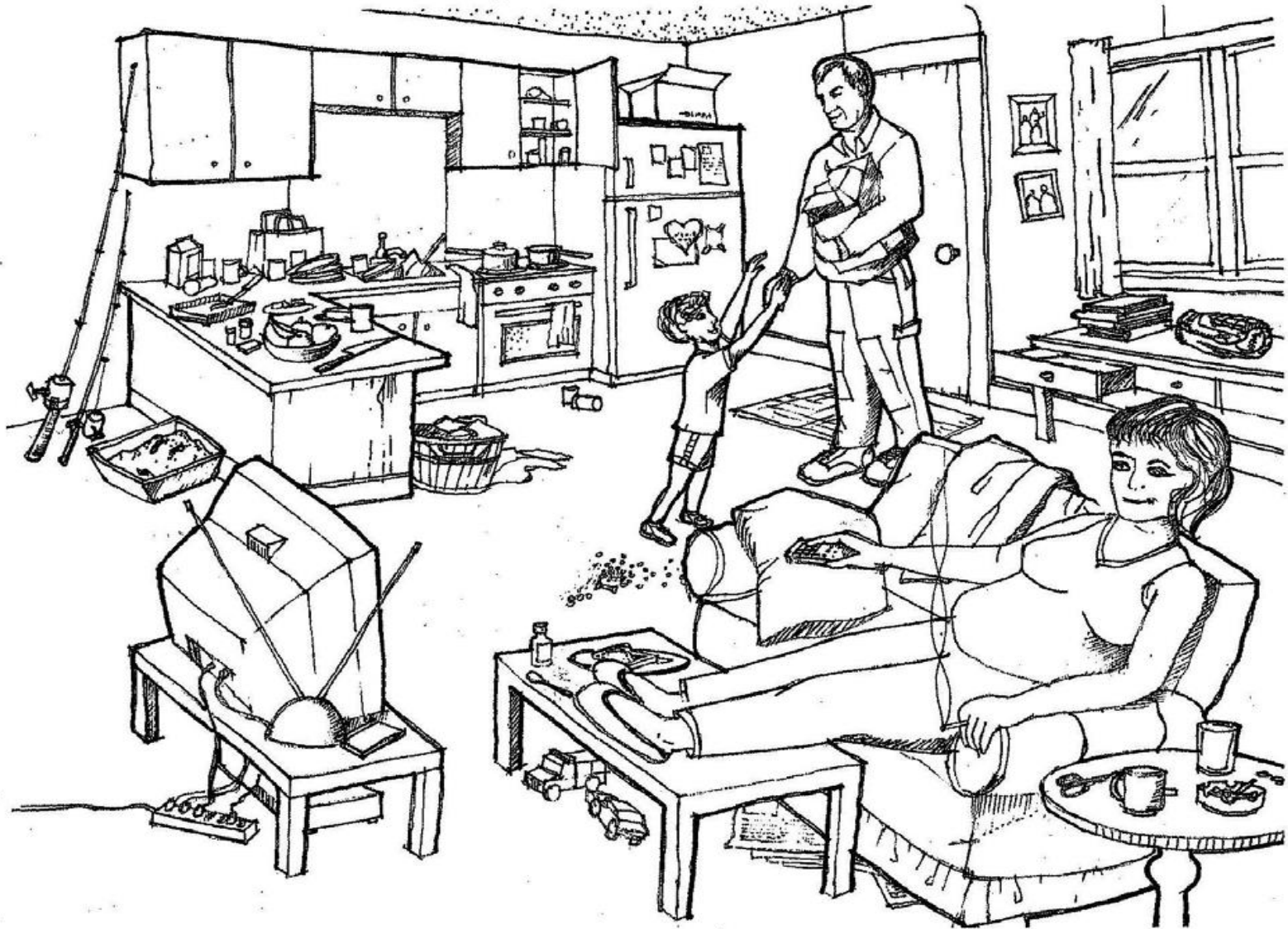


Take 1 min – note what do you see?



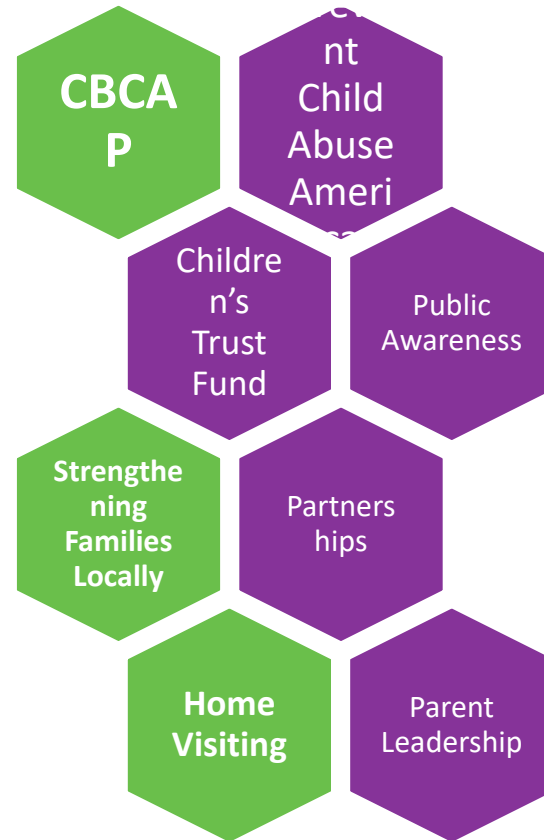
# Identify Strength Factors



# Strengthening Families Washington



*Our animated team  
Thank you for letting us join you today!*



# Connecting and Learning

- Objective 1: Explore the Protective Factors Framework
- Objective 2: Identify ways you are and can continue to identify and build protective factors in your work

*What does prevention mean to you?*

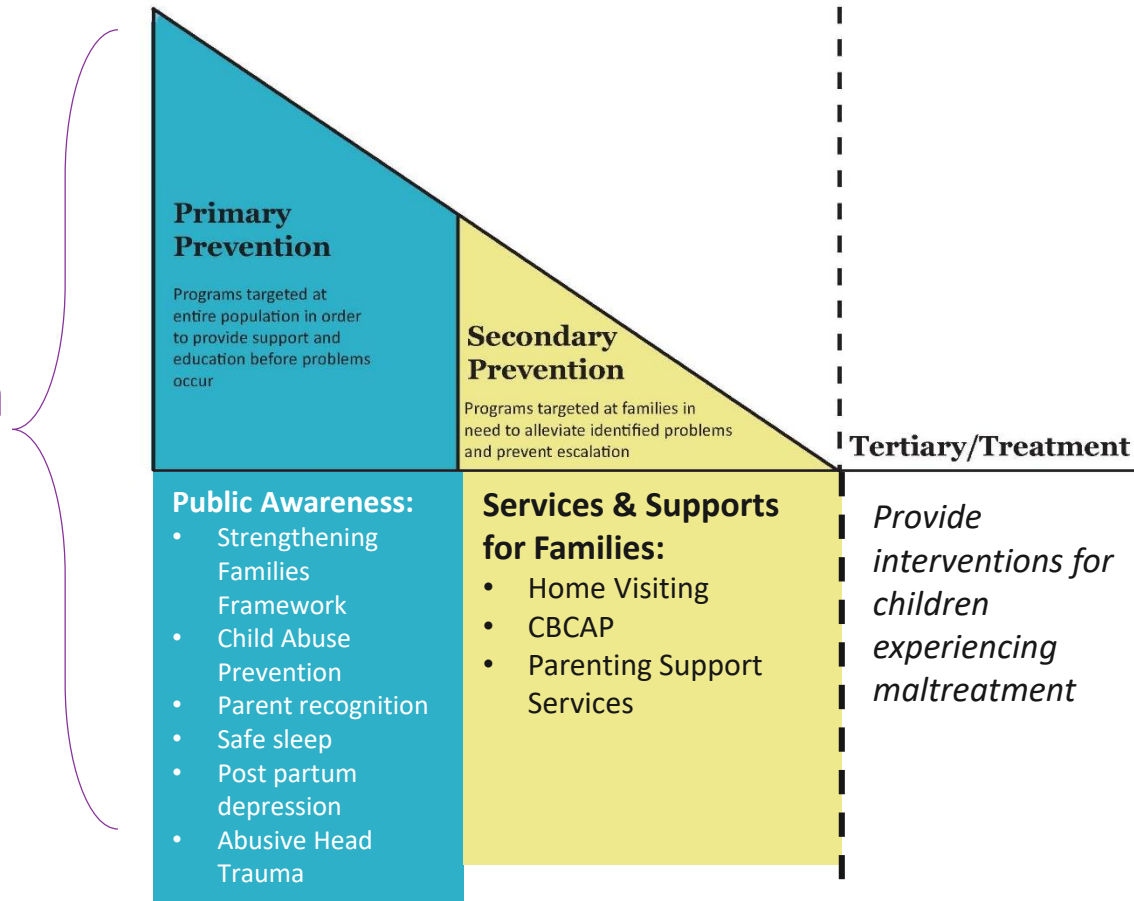
# SFWA Purpose

- Build awareness to catalyze change in social norms.
- Build and leverage partnerships, change policy and systems.
- Engage families and communities to identify and build on strengths.
- Utilize research and data to understand factors associated to child maltreatment.
- Implement and support a range of high quality initiatives, programs and services.

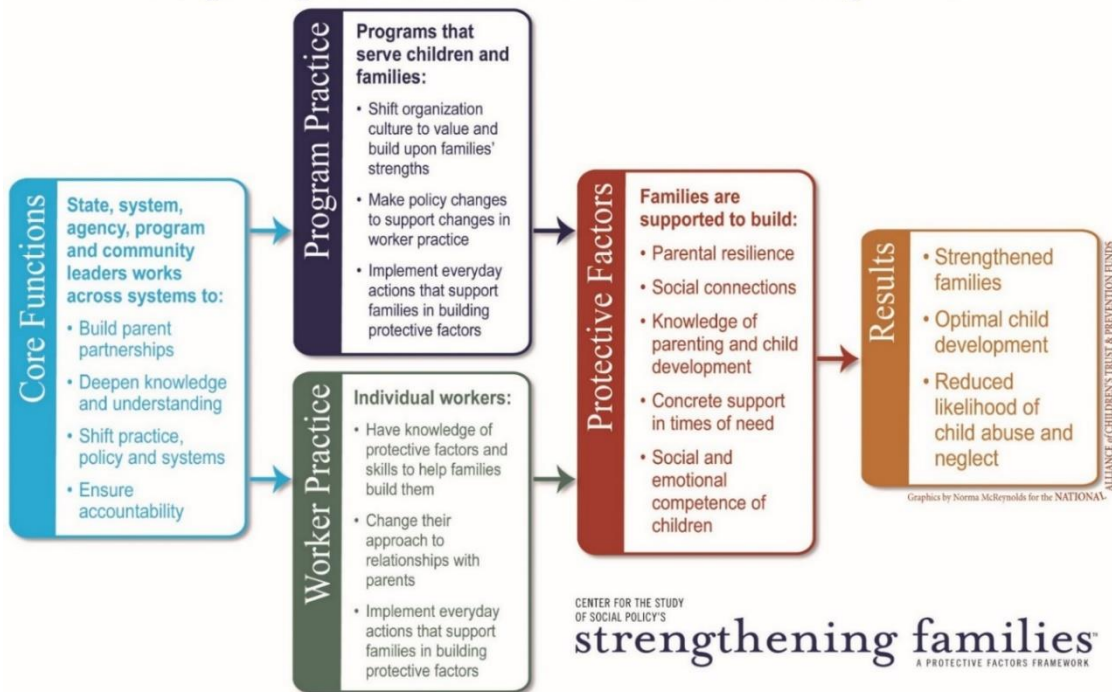


# Child Abuse Prevention

## *A Primary and Secondary Prevention*



## The Pathway to Improved Outcomes for Children and Families Strengthening Families™ Protective Factors Framework Logic Model



# Protective Factors

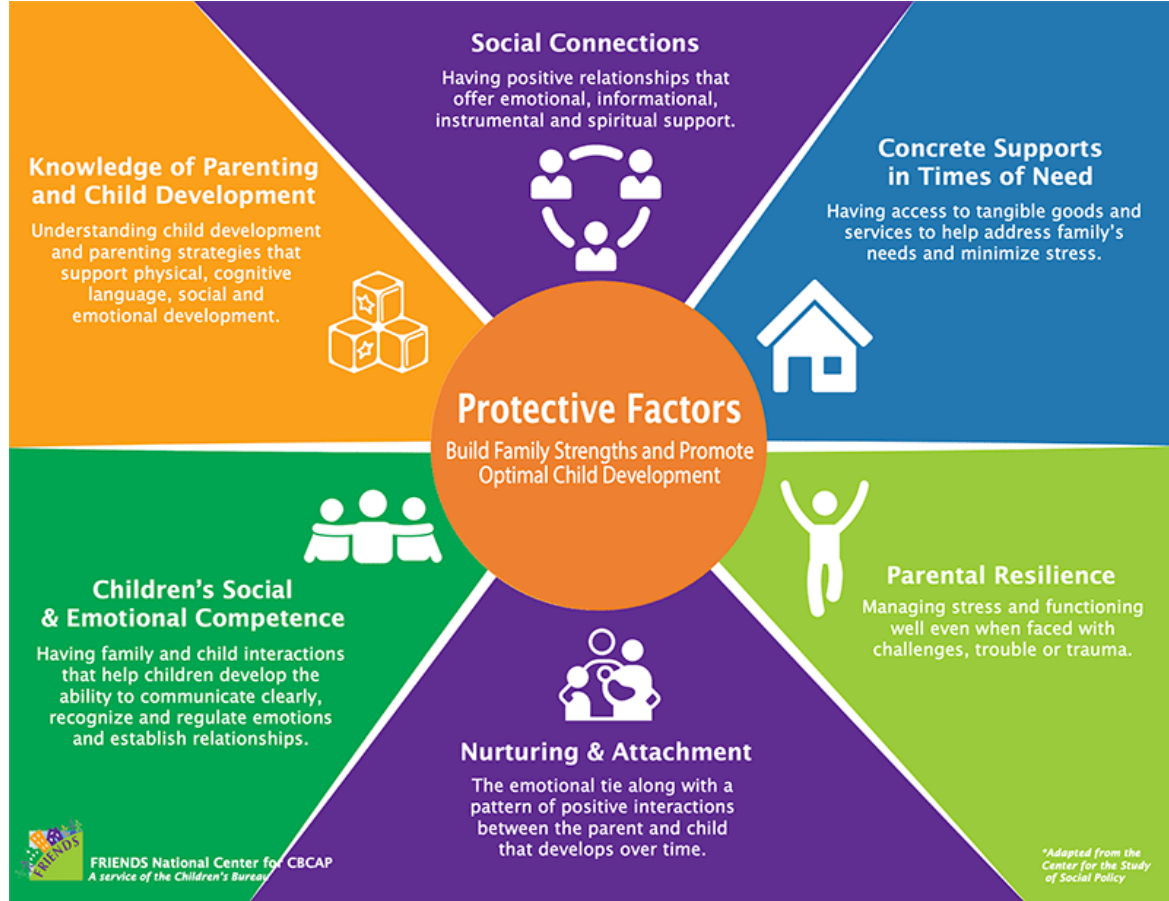
**Conditions that can protect families and promote resilience.**

**Serve as a buffer against adversity — when present in families, likelihood of child maltreatment goes down.**

**The Protective Factors framework focuses on strategies for building family strengths rather than focusing exclusively on risks and deficits.**







**What are some ways you model nurturing and support to your children?**

- Snuggling
- Active listening
- Allow space for emotions and confirm them
- Engaging in their interests
- For families with multiple kids: One-on-one relaxing time in nature
- Hugs are always important



“ . . . the developing capacity to experience and regulate emotion, form secure relationships, and explore and learn – all in the context of the child’s family, community and culture.”

**How do you help your child celebrate who they are as a person? How do you help them celebrate and respect the uniqueness of others who may seem different or unfamiliar?**

- Praise verbally
- Acknowledge their interests
- Acknowledge what makes them special (talents, abilities, attributes, etc.)
- Celebrate the uniqueness of their identity

## Nurturing and Attachment

What are opportunities to identify and build on nurturing and attachment for families in your work?



**What are some ways your community (local businesses, day care centers, schools and churches) demonstrates it values parents?**

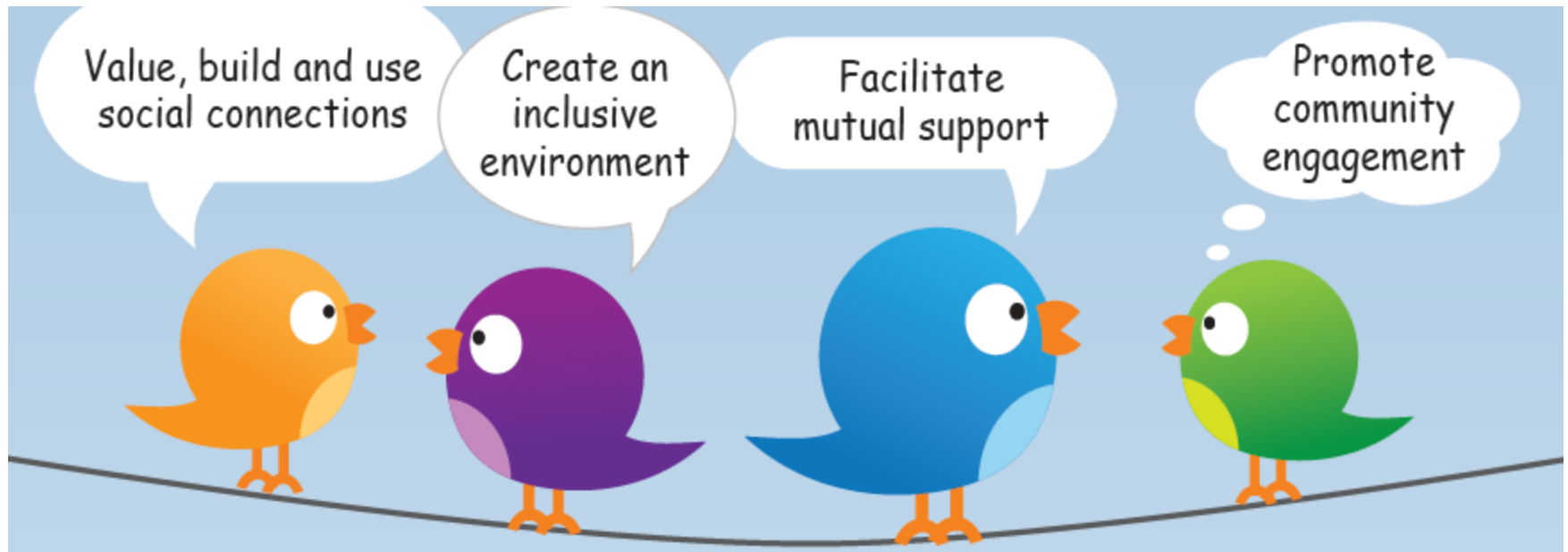
- My child care has “Dads and Donuts” and “Moms and Muffins” events to say thank you to parents.
- My place of worship offers parenting classes and other ministries for single moms.
- My child’s school invites parents to special conferences, sends out electronic newsletters, offers parent-child activities and many other opportunities to connect.

*I will continue to have courage during stressful times or after a crisis.*

*Parenting is challenging. Having resilience means being flexible, managing stress in healthy ways and giving yourself permission to make mistakes.*

## Parental Resilience

What are opportunities to identify and build on parental resilience for families in your work?



## Social Connections

What are opportunities to identify and build on social connections for families in your work?

*I am connected. I know what to do and how to deal with stressful situations.*

*I have people who know me – friends – and at least one person who supports my parenting.*





When we moved to the area and didn't have relatives to count on in times of need, church members came to be a part of our family.

My therapist listened to me and is someone who never gives up on me. I was given resources and positive feedback without judgment.

When experiencing the death of a family member, my immediate family helped with childcare and financial assistance.

## Concrete Support in Times of Need

What are opportunities to identify and build on concrete supports for families in your work?

**What do you do to help your child manage their emotions - working with them so that they can get to the next step?**

- Pause to give them some direct attention
- Create a safe space for expression and to talk
- Give them some time to reflect
- Practice and model coping strategies or do breathing exercises
- Seek outside help if needed
- Share your experiences
- Label expressed emotions and talk through them together

*My child feels loved, a sense of belonging, and can get along with others.*

*Give your child words to express how they feel. Teaching your child to effectively communicate and interact builds relationships and makes your family strong.*

## Social and Emotional Competence of Children

What are opportunities to identify and build on children's social and emotional competence for families in your work?



## Where do you go for help with parenting issues or to get information on child development?

- Friends and family
- Social media/Internet
- Child care teacher or director
- Nonprofits
- Local colleges or universities (child development instructors and programs)
- State department of health/social services
- Pediatrician
- Schools
- Faith community

*"I let my child help me with household chores. He loves to stir, scoop and mold food in the kitchen, as well as help with cleanup. This gives us an opportunity to talk about healthy food, bond and take pride in the meal we will eat together. It also helps him develop a passion for a life skill he will need to be a successful adult."*

*"We are committed to having family-style dinners and using language that encourages kindness."*

# Knowledge of Parenting and Child Development

What are opportunities to identify and build on parental knowledge of child development for families in your work?



# What other ideas or questions do you have about building protective factors?

Looking Ahead: Some resources and programming that are available across the state





Thank you!

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