



### Concrete Support in Times of Need

#### What it looks like for families:

- Families have the resources to meet their basic needs.
- Families feel safe in their community.
- Families know how to have information and connections to services in their community.
- Families feel supported and valued when reaching out for help.

#### Everyday actions for service providers:

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports
- Build relationships with families so they feel comfortable sharing challenges



### Social and Emotional Competence of Children

#### What it looks like for families:

- Families encourage and reinforce their child's positive social skills and set limits in a positive way.
- Families help their child manage and communicate their feelings.
- Teach and encourage your child to solve problems in age-appropriate ways.
- Provide regular routines for young children.

#### Everyday actions for service providers:

- Help families understand developmentally appropriate social/emotional skills & behaviors
- Educate parents on how to encourage children to express feelings through words, artwork and expressive play
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support
- Create an environment in which children feel safe to express their emotions



### Nurturing and Attachment

#### What it looks like for families:

- Families respond to their child with warmth and consistently build a strong and secure attachment.
- Families help their child to trust that their environments are safe.
- Families recognize and embrace their child's strengths and individuality.
- Families teach their child how to form and keep healthy relationships with others.

#### Everyday actions for service providers:

- Create family education and skill building opportunities that promote attachment
- Model nurturing and consistent care to children and families
- Support children and families by understanding the impact of loss or trauma and how to respond appropriately



**Kentucky Public Health**  
Prevent. Promote. Protect.



## A Framework for Supporting Kentucky's Families



*Kentucky is strengthening families by enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships*

For more information:  
<http://bit.ly/kentuckystrengtheningfamilies>  
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## Six Protective Factors

Kentucky's Strengthening Families is a statewide initiative to improve outcomes for young children and families. Research suggests that families in all walks of life improve their chance for success and their ability to cope with stress when protective factors are present.

- **Parental Resilience: Families bounce back.** Managing stress and getting through it when faced with challenges, adversity and trauma
- **Social Connections: Families have friends they can count on.** Having positive relationships that provide emotional, informational and spiritual support
- **Knowledge of Child Development: Families learn how their children grow and develop.** Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development
- **Concrete Support in Times of Need: Families get assistance to meet basic needs.** Access to resources that address a family's basic needs and minimize stress caused by challenges
- **Social and Emotional Competence of Children: Families teach children how to have healthy relationships.** Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions
- **Nurturing and Attachment: Families ensure children feel loved and safe.** A child's early experience of being nurtured and developing a bond with a caring adult



### Parental Resilience

#### What it looks like for families:

- Families exhibit strength and flexibility to general life stress.
- Families recognize and value their unique strengths.
- Families identify themselves as hopeful, optimistic, and confident.
- Families have strong problem solving skills.
- Families practice regular self care to keep stress from interfering with nurturing their child.

#### Everyday actions for service providers:

- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Be welcoming and supportive
- Build relationships with families
- Involve families in decisions about their children and program
- Help parents understand how to buffer their child during stressful times



### Social Connections

#### What it looks like for families:

- Families maintain multiple friendships and supportive relationships with others.
- Families feel respected and appreciated in their role as parent or primary caregiver.
- Families accept help from others and give help to others.
- Families establish connections and a sense of belonging with other families.

#### Everyday actions for service providers:

- Demonstrate in multiple ways that parents are valued
- Support parents as decision-makers and help build decision-making and leadership skills
- Help families value, build, sustain and use social connections
- Facilitate mutual support
- Promote engagement in the community and participation in community activities
- Arrange family field trips and activities
- Work closely with parent advisory groups



### Knowledge of Child Development

#### What it looks like for families:

- Families identify realistic expectations for their child's development.
- Families possess a commitment to life long learning.
- Families practice positive discipline techniques to effectively manage their child's behavior.
- Families recognize and respond appropriately to their child's specific developmental needs.

#### Everyday actions for service providers:

- Provide information and resources on parenting and child development
- Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
- Address parenting issues from a strength-based perspective
- Share observations with parents about the child's strengths and the parent's strengths
- Make parent information available in families' home language