



Arapahoe County
Early Childhood Council



SUPPORTING KIDS, SUPPORTING COMMUNITY

Extensive research supports the common-sense notion that when these **Five Protective Factors** are present and supported, child abuse and neglect is less likely to take place.



Parental Resilience

The ability to cope and bounce back from all types of challenges



Social Connections

Friends, family, neighbors, and others who provide emotional support



Knowledge of Parenting and Child Development

Accurate information about raising young children and appropriate expectations for their behavior



Concrete Support in Times of Need

Financial security to cover day-to-day expenses and unexpected costs that come up from time



Children's Social and Emotional Competence

The ability of children to interact positively with others and communicate their emotions effectively

About the Factors

These Five Protective Factors come from the Strengthening Families Framework, which is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.



HOW CAN YOU MAKE A DIFFERENCE?

We can all have a positive impact on the lives of children and families in our community. Here are just a few ideas.

As a parent...

- **Practice mindfulness throughout the day.** If you find yourself running from activity to activity, set a timer to go off every few hours as a reminder to take a deep breath. When you hear it, pause for a moment and take a deep breath.
- **Enjoy activities that can support you and your kids simultaneously.** Take your child to the library, but pick up something for yourself while you're there. If your child is doing an art project, sit down and create your own art!
- **Look for healthy ways to express emotion.** Call a friend who will listen and debrief about your day. Encourage this in your kids as well. When kids are young, they are learning a lot about social skills and how to communicate effectively.
- **Ask for help.** Don't carry burdens alone. Reach out to friends and family for support, or if you're not sure what to do, call Mile High United Way's 2-1-1 referral service for ideas and support.

As a community member...

- **Connect with others in your local community.** Increase social connections by introducing yourself to a new neighbor or a parent as pick up. Offer to baby-sit so parents can get a little break. Get to know the children in your community and ask them how they are doing.
- **Share information that can make a difference.** Add information about family-friendly resources on neighborhood apps like Nextdoor and help reduce stigma by letting others know about programs and resources that have helped you.
- **Be a role model for children.** Respond warmly and consistently to kids. Allow them to express emotions. Model how to be kind and interact positively with others.

As a business...

- **Promote a culture where it's ok for employees to reach out and ask for support.** Work with employees to manage workload in times of added stress and allow for flexibility.
- **Cultivate concrete resources for families in your organization.** Participate in an employee assistance program or maintain list of available resources to support families. Mentor a young mother or father.

These materials were developed by Arapahoe County Early Childhood Council in support of Pinwheels for Prevention, the national campaign to prevention child abuse and neglect and raise awareness in the month of April.

Learn more at www.acecc.org.