

The Protective Factors Framework: **Parental Resilience** Checklist

We know that families thrive when the five **Protective Factors** have a strong presence in their lives and communities. As early childhood professionals, it is important that we do our part to promote the Protective Factors and encourage families to create safe and emotionally stable homes.

The **Parental Resilience Protective Factor** is about parents having the ability to bounce back in difficult times.

Parents with resilience are better able to solve problems, build and maintain relationships, and know how and when to seek help. This allows them to better nurture their children and protect them from stress, and help their children learn critical self-regulation and problem-solving skills.



Parental Resilience

Your daily interaction with parents can help them build their resilience and their belief in themselves as parents and capable decision makers. Use this checklist to guide you in supporting parents as they build their resiliency.

If you do these, you are doing the work:



Value and support families

1



Honor each family's culture

2



Respond to family crisis

3



Build partnerships with parents

4

What this may look like in practice:



Families

Creating a parent resource center within your program that connects families with different community resources.



ECE Providers

Offering resources when parents are in need. A warm handoff to the appropriate organization or individual who may be able to provide help is a great start.

Viewing families from a strengths-based perspective. Valuing their input about their child's education.



Community Members

Provide environments where families feel safe.

Develop policies that help reduce family stress.