

The Protective Factors Framework and the 5 Protective Factors

The Protective Factors Framework is a set of strengths-based ideas that are used to guide programs, services, and other supports aimed at mitigating risks and promoting healthy outcomes for families.

Everyday actions that build protective factors result in strengthening families and optimal childhood development.



1 Parental Resilience

Managing the stress of everyday life and functioning well when faced with challenges, adversity, and trauma requires resilience: flexibility and inner strength.

2 Social Connections

Positive relationships with supportive friends, family, and neighbors provide emotional, informational, instrumental, and spiritual support for parents, which often makes it easier to care for their children and themselves.

3 Knowledge of Parenting and Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social, and emotional development cultivates successful parenting and healthy development.

4 Concrete Support in Times of Need

Access to support and services, including child care, health care, and mental health services that address a family's needs - including basic needs such as food, clothing, housing, and transportation - help minimize stress caused by challenges.

5 Social & Emotional Competence of Children

Consistent, caring, family and child interactions help children develop the ability to communicate clearly, recognize and regulate their emotions, and establish and maintain relationships.

