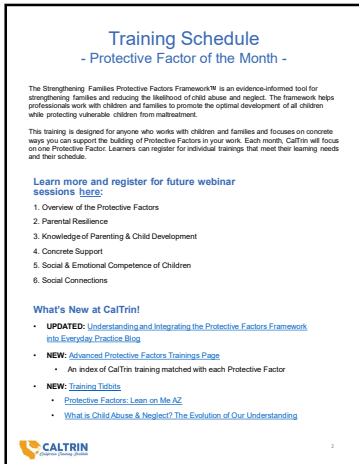


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3

What is the Strengthening Families Protective Framework™?


Strengthening Families Protective Factors Framework:

- Introduced by **Center for Study of Social Policy (CSSP)** in 2001
- Designed to keep families strong and children safe from abuse and neglect through promotion of **five Protective Factors**
- Provides **everyday strategies** that help families build Protective Factors
- Encourages variety of helping professionals to work with families in a **strengths-based way**

Evidence-informed framework designed to happen gradually, with but changes.

Creates more and parents and professionals rooted in a strengths-based model.

May require that professionals see and partner with families through a modified -based lens.

 **Children's Trust Fund Alliance**,
Bringing the Protective Factors Framework
to Life in Your Work



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What is Parental Resilience?

How would you describe or define resilience?

According to The Center for the Study of Social Policy

"Managing stress and functioning well—facilitated by **individual, relational, community, or societal factors**—when faced with stressors, adversity, or trauma."

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Parental Resilience


We can start by helping parents understand resiliency. We can explain that...


- We all start at different places on the resiliency scale.
- Our ability to respond to stress is biologically wired from past experiences. It does **NOT** mean you are a weak person/parent.
- How you handle/respond to stress now is not indicative of how you will handle it in the future.
- You can build resiliency over time!
- Resilient parents are stronger parents.
- Resilient parents are able to parent well even in the midst of a crisis.
- Resilient parents are less likely to abuse and neglect their children because resilient parents have more patience and have strategies to handle stress.

What would you notice about a parent or family who demonstrates resilience?

What would you notice about a parent or family who is very low in resilience?

What does parental resilience protect a child from experiencing?

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Case Study: Resilience Mapping

Sarah is a 32-year-old single mother of two young children, ages 4 and 6. Recently, Sarah has been feeling overwhelmed by her responsibilities as a working parent. Balancing her full-time job with parenting duties and managing her finances has become increasingly stressful. Her struggles have begun to affect her well-being and her ability to effectively support her children.

She reached out to a local family resource center after hearing about their services from a friend. She was seeking support to help manage her work-life balance and financial stress as a single parent.

Challenges:


Work-Life Balance: Sarah works as an administrative assistant at a busy office. The long hours and high demands of her job leave her little time for herself or her children. She feels guilty about not spending enough quality time with her kids and is often stressed about meeting work deadlines.

Financial Stress: As a single parent, Sarah is struggling to make ends meet. She finds it difficult to stick to a budget and is worried about her financial future. She has debt from credit cards and feels anxious about her ability to save for emergencies or her children's future needs.

Resilience Mapping:

1. Identifying Stressors & Challenges
2. Assessing Resilience Factors
3. Mapping External Resources
4. Developing Action Steps


COMPONENT	DETAILS
Stressors & Challenges	Work-life balance, financial stress
Personal Resilience Factors	Organizational skills, supportive family members, self-motivation
External Resources	Parenting support groups, budgeting tools, financial assistance programs, debt counseling services
Action Steps	Create a daily/weekly schedule, use budgeting tools, start an emergency fund, seek financial advice



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Resilience Mapping Prep


COMPONENT	QUESTION
Stressors & Challenges	What are common challenges that the parents/caregivers you serve face?
Personal Resilience Factors	What are some potential personal resilience factors that you can look out for and encourage? Reflect on personal resilience factors that could help address the identified stressor. Ex: Organizational skills, social support, self-motivation, resourcefulness, persistence, problem-solving skills, time management, etc.
External Resources	What are some external resources you can refer to? Ex: Parenting support groups, budgeting tools, financial assistance programs, debt counseling services
Action Steps	Practical, actionable plans to build and enhance resilience by translating the identified challenges and available resources into specific, manageable actions that parents can take to improve their well-being and effectively manage stress.



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Resilience Mapping Prep Worksheet

COMPONENT	DETAILS
Stressor/Challenge	
Personal Resilience Factors	
External Resources	
Action Steps	



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Win Free CalTrin Swag!


Share about your experience with the Protective Factors series to receive free CalTrin swag!

CalTrin is on a mission to bring our Protective Factors curriculum to CHS- and family-serving professionals across California—and you can help! We invite Protective Factors of the Month attendees to share about your learning experience by recording a video or audio testimonial. We utilize a platform called Vocal Video to collect testimonials, which are featured on our website and social media to help encourage professionals like you to engage with CalTrin's free learning opportunities. You simply answer a single question, which should take less than 5 minutes and can be easily done from your desktop computer, laptop, or mobile phone!

If you have questions, please contact us at info@caltrin.org.


Record your Protective Factor of the Month testimonial here:

Record Your Testimonial



All participants who submit a video or audio testimonial will receive a CalTrin writing pad and be automatically entered to win a copy of the **STRONG** book by Butterfly Trainings that Transform!

*One winner will be selected each month for the duration of the entire 2025 Protective Factor of the Month Series.




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My Next Steps

How will you integrate Protective Factors into your everyday work with families?
Choose which next step(s) you are going to take in the next 30 days:

1. Bookmark the [CalTrin Protective Factors blog](#) & Page 16 of your Participant Guide
2. Attend & recommend future [CalTrin Protective Factor of the Month](#) sessions
3. Complete the [Self-Assessment by CSSE](#) (Parental Resilience section)
4. Print out the [Protective Factors Action Sheets by CSSE](#)
5. Deliver a mini training to your team with the [CSSE scripted curriculum](#)
6. Assign the Alliance's [self-paced courses](#) to your team
7. Print out the [Protective Factors Action Sheets by CSSE](#)
8. Connect with a community partner
 - A) Reach out to a Family Resource Center or Community-Based Organization
 - B) Strengthen a partnership with your most referred community resource
9. Complete the Resilience Mapping Prep Worksheet

Complete in the Next	Next Step to Implement	Time Needed to Complete (30-60 mins)	Date & Time Scheduled to Complete (or Complete)	Completed (Y)
7 Days				
14 Days				
30 Days				



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