

Protective Factor of the Month

Overview of the Protective Factors

July Webinar

Presented by CalTrin

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Upcoming Training Schedule

- Protective Factor of the Month –

The Strengthening Families Protective Factors Framework™ is an evidence-informed tool for strengthening families and reducing the likelihood of child abuse and neglect. The framework helps professionals work with children and families to promote the optimal development of all children while protecting vulnerable children from maltreatment.

This training is designed for anyone who works with children and families and focuses on concrete ways you can support the building of protective factors in your work. Each month, CalTrin will focus on one Protective Factor. Learners can register for individual trainings that meet their learning needs and their schedule.

Learn More and Register for future sessions [here](#):

July: Overview of the Protective Factors

07/12 Webinar - or - 07/26 Workshop

August: Parental Resilience

08/09 Webinar - or - 08/23 Workshop

September: Knowledge of Parenting & Child Dev

09/13 Webinar - or - 09/27 Workshop

October: Concrete Support in Times of Need

10/11 Webinar - or - 10/25 Workshop

November: Social & Emotional Competence of Children

11/08 Webinar - or - 11/22 Workshop

December: Social Connections

12/13 Webinar - or - 12/13 Workshop

Webinars vs. Workshops

- Protective Factor of the Month –

Sometimes it's hard to know what you are "getting into" when it comes to virtual training. We want to take the guess work out of finding a training that works with your learning style, your comfort level with online interaction, and your schedule. Each of our monthly Protective Factor trainings will be offered as WEBINAR and as a WORKSHOP. Which one is right for you?

ATTEND THE WEBINAR IF:

- You learn best through listening and watching
- You prefer to keep your camera off (or have constraints that do not allow you to turn your camera on)
- You would rather not participate in breakout room discussion

ATTEND THE WORKSHOP IF:

- You learn best by doing
- You enjoy group discussion; sharing and hearing ideas with others
- You prefer frequent engagement with the presenter and other participants
- You are able and willing to utilize your microphone and camera

Still not sure which training format is right for you?

Read our [Webinars vs. Workshops blog post!](#)

Training Resources & Materials

- Protective Factor of the Month -



<https://www.caltrin.org/upcoming-training-by-topic/evidence-based-service-delivery-models/caltrins-protective-factors-series/>



<https://cssp.org/our-work/project/strengthening-families>



<https://ctfalliance.org/protective-factors/>



<https://butterflyttt.com/>

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

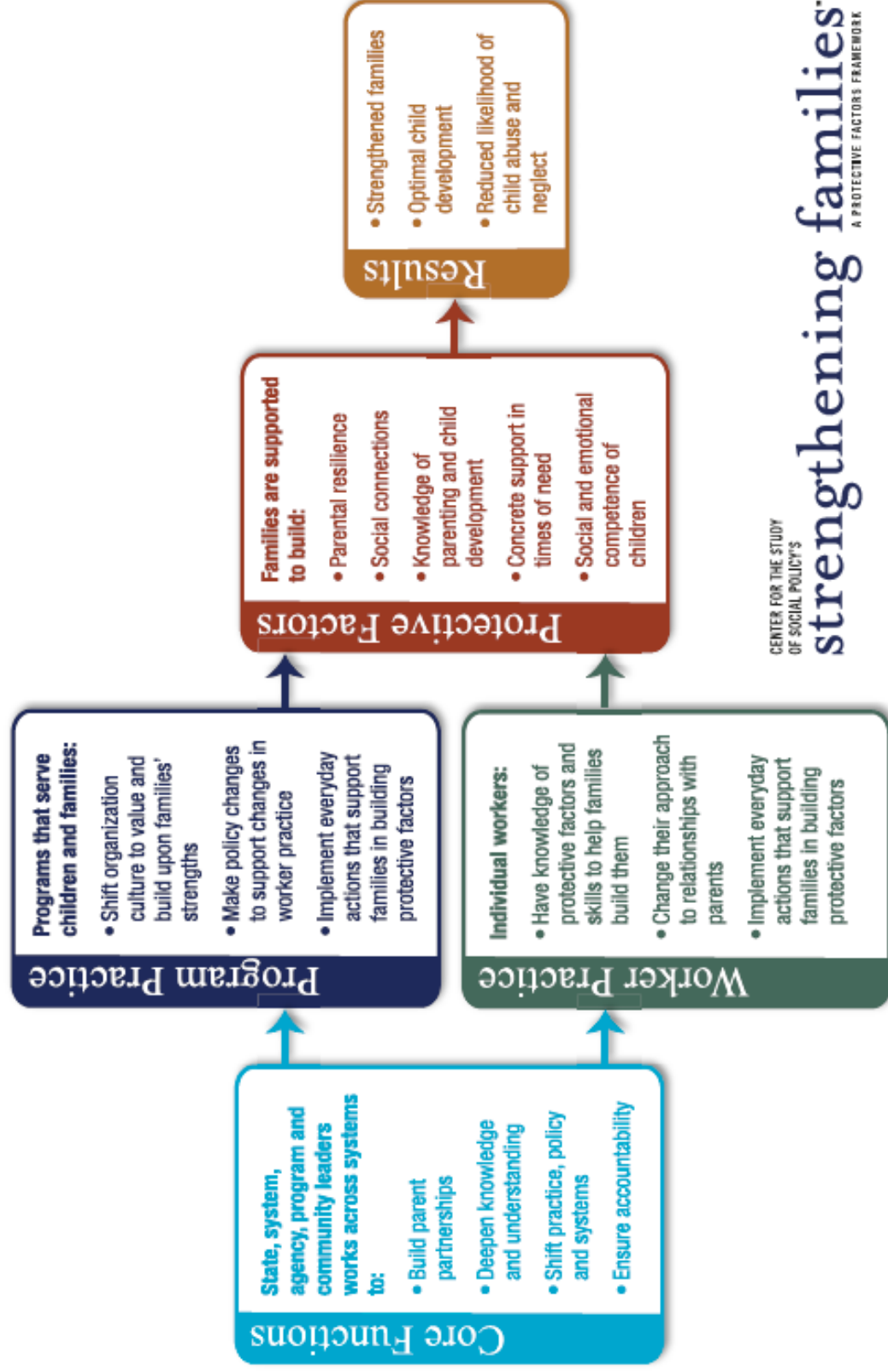
Evidence-informed framework designed to happen gradually, with _____ but _____ changes.

Create 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.

The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

What is a Strengths-Based Approach?

What's **wrong**?



What's _____?

“What will happen when we think about what is **RIGHT** with people rather than fixating on what is **WRONG** with them?” - Donald O. Clifton.

Risk/Protective Factors Cartoon



Strengthening Families™ Protective Factors Framework: Introduction

 **Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action**

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Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children






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

CENTER FOR THE STUDY
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A PROTECTIVE FACTORS FRAMEWORK

**CHILDREN'S
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Alliance™**

Five Protective Factors keep us STRONG: We have them ALL

	Managing the stressors of daily life and functioning well even when faced with adversity
PARENTAL RESILIENCE	HOPE
	Building trusting relationships; feeling respected and appreciated
SOCIAL CONNECTION	FRIENDS
	Being resourceful and able to locate and access the basic necessities of life
CONCRETE SUPPORT IN TIMES OF NEED	HELP
	Having positive discipline techniques and appropriate developmental expectations
KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT	KNOWLEDGE
	Knowing social skills and how to talk about and handle feelings
SOCIAL AND EMOTIONAL COMPETENCE	LOVE

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

- How parents respond to stressors is much more important than the stressor itself in determining the outcomes for themselves and their children.
- Parents are more likely to achieve healthy, favorable outcomes if they are resilient.
- Resilience is the process of managing stress and functioning well even when faced with challenges, adversity and trauma.

What does resilience mean to you?

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

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

What does parental resilience protect a child from experiencing?

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

What is your role as a child- and family-serving provider?

Your daily interactions with parents can help them to build their resilience and their belief in themselves as parents and capable decision-makers. [\[Source: CSSP Protective Factors Action Sheet\]](#)

What is your role as a caseworker?

Having an open child welfare case is necessarily emotional and difficult for parents and can cause self doubt that fundamentally undermines resilience. As a caseworker part of your role is to make the child welfare experience as constructive as possible [\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT YOU CAN DO:

Ex: Encourage parents to take care of themselves, particularly during stressful times

WHAT YOU CAN ASK A CAREGIVER:

Ex: What do you do to take care of yourself when you are stressed?

WHAT TO LOOK FOR:

Ex: Help-seeking behaviors to encourage

WHAT YOU CAN SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ex: Ask the caregiver to identify situations they find stressful and make a plan in advance for how they will keep themselves calm and centered in these circumstances.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network

- Parents need people who care about them and their children, who can be good listeners, who they can turn to for well-informed advice and who they can call on for help in solving problems.
- Availability and quality of social connections are important considerations in the lives of parents.
- Constructive and supportive social connections help buffer parents from stressors and support nurturing parenting behaviors that promote secure attachments in young children.

What do healthy social connections mean to you?

What would you notice about a parent or family that demonstrates healthy social connections?

What would you notice about a parent or family that is very low in healthy social connections?

How would a parent with healthy social connections help protect a child from experiencing abuse or neglect?

Social Connections

The ability to opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network

What is your role as a child- and family-serving provider?

You can help parents to think critically about their social network and how they could utilize it more effectively, as well as the skills and tools they need to expand it.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

What is your role as a caseworker?

As the family's caseworker you can help caregivers to think critically about their social network and how they could utilize it more effectively, as well as the skills and tools they need to expand it.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT YOU CAN DO:

Ex: Invite parents to events where they can get to know each other – with or without their kids and reach out especially to those parents that may be socially isolated

WHAT YOU CAN ASK A CAREGIVER:

Ex: Are you a member of any groups or organizations?

WHAT TO LOOK FOR:

Ex: Can the parent turn to their social network for help in times of need (for instance, when they need help with transportation, childcare or other resources)?

WHAT TO SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ex: Role play with the parent to help them practice skills in approaching another parent to develop a friendship.

Knowledge of Parenting & Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

- An understanding of parenting strategies and child development helps parents understand what to expect and how to provide what children need during each developmental phase.
- What parents do and how they treat children is often a reflection of the way they were parented.

How does knowledge of parenting & child development help reduce stress on a caregiver/family?

What would you notice about a parent or family does not have very much knowledge of parenting & child development?

What would you notice about a parent or family that appears to a fair amount of knowledge of parenting & child development?

Knowledge of Parenting & Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

What is your role as a child- and family-serving provider?

Each contact you have with the family provides an important opportunity to link them to parenting resources, provide child development information and model and validate effective caregiving.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

What is your role as a caseworker?

Each contact you have with the family provides an important opportunity to link them to parenting resources, provide child development information and model and validate effective caregiving.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT CAN YOU DO:

Ex: Connect parents to parenting education classes or home visiting as appropriate for their situation.

WHAT YOU ASK A CAREGIVER:

Ex: What does your child do best and what do you like about your child?

WHAT TO LOOK FOR:

Ex: Does the parent understand and encourage healthy development?

WHAT TO SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ex: Ask the parent what their hopes and dreams are for their child(ren). Discuss what they are doing today (or wants to) to help achieve those hopes and dreams.

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

- All parents need help sometimes — day-to-day care of children, figuring out how to soothe a colicky baby, getting to the emergency room.
- When parents are faced with overwhelmingly stressful conditions they need to seek help, but for some parents asking for help is not an easy thing to do.
- A strengths-based approach helps parents feel valued because they are acknowledged as knowledgeable and competent.

What are some examples of concrete support families you partner with may need?

How would having concrete support in times of need reduce stress for a parent or family?

What might a family experience when they do not have access to concrete support in times of need?

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

What is your role as a child- and family-serving provider?

As a professional working with families, your role is not just to provide referrals to needed services, but to identify any barriers the families may have in accessing those services. Helping families overcome those barriers is crucial to ensuring that their concrete needs are met.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

What is your role as a caseworker?

As the family's caseworker your role is not just to provide referrals to needed services, but to identify any barriers the families may have in accessing those services. Helping families overcome those barriers is crucial to ensuring that their concrete needs are met.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT YOU CAN DO:

Ex: Work with the family to understand their past experience with service systems and any stigma they attach to certain services.

WHAT YOU CAN ASK A CAREGIVER:

Ex: What do you need to _____ (stay in your house, keep your job, pay your heating bill etc.)?

WHAT TO LOOK FOR:

Ex: Does the parent have specific barriers (literacy, lack of transportation, etc.) that will make it difficult to access services?

WHAT TO SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ask the parent to identify one concrete need that, if met, would lighten his or her burden. Come up with a list of at least three possible avenues to get that need met (e.g., agencies to approach, people to ask for help, cutting back on other expenses).

Social and Emotional Competence of Children

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

- Early childhood experiences set the stage for later health, wellbeing and learning.
- There is a strong link between young children's social-emotional competence and their cognitive development, language skills, mental health and school success.
- Social-emotional competence can include self-esteem, self-confidence, self-control, patience, communication, empathy, social skills, etc.

What behaviors/actions might you notice in a child who has low ability to communicate clearly and/or recognize and regulate their emotions?

What behaviors/actions might you notice in a child who is able to communicate clearly and recognize and regulate their emotions?

What might a family/caregiver experience when a child has lower social-emotional competence?

Social and Emotional Competence of Children

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

What is your role as a child- and family-serving provider?

Help increase parents' awareness of the importance of early relationships and of their role in nurturing their child's social-emotional development.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

What is your role as a caseworker?

It is important to increase caregivers' awareness of the importance of early relationships and of their role in nurturing their child's social-emotional development.

[\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT YOU CAN DO:

Ex: Provide concrete tips and resources to parents to help them build their skills.

WHAT YOU CAN ASK A CAREGIVER:

Ex: How do you help your child express his or her emotions?

WHAT TO LOOK FOR:

Ex: Does the parent separate emotions from actions (e.g., "It's okay to be angry, but we don't hit someone when we are angry")?

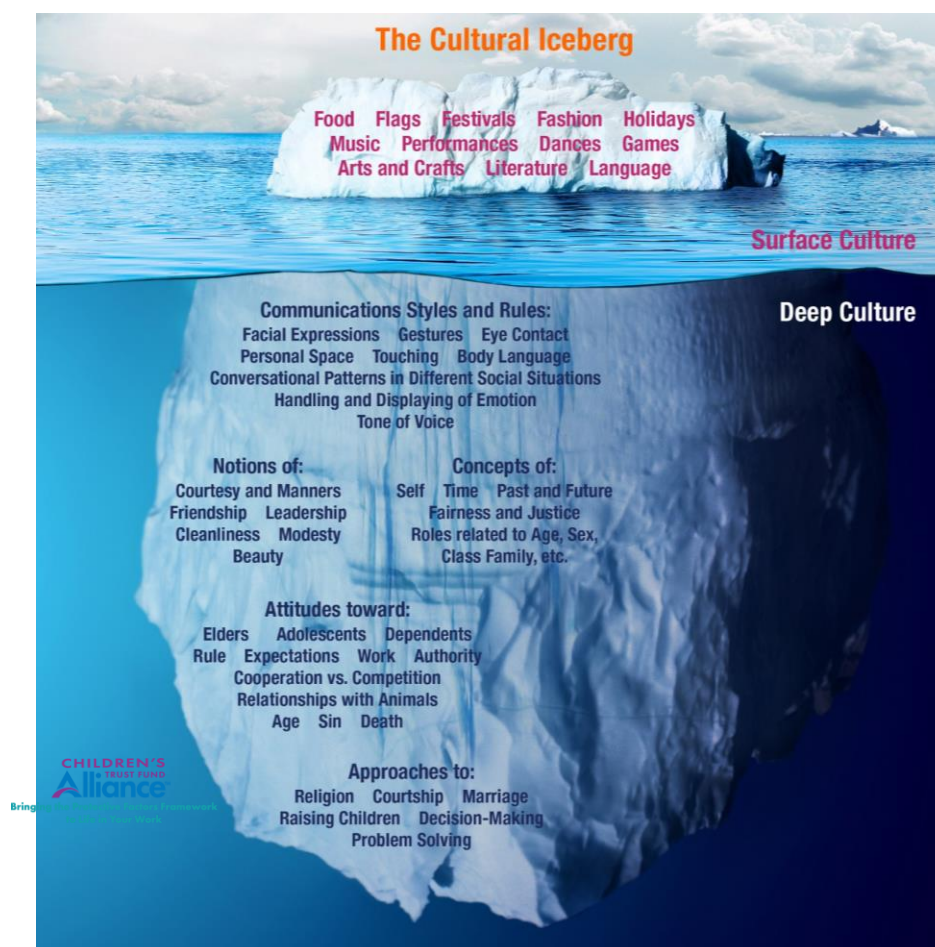
WHAT TO SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ex: Ask the parent to think of an adult who they loved as a child. What was it about the relationship with that adult that made it so important? Ask them what elements of that relationship they can replicate in their relationship with their child(ren).

Culture & Family Strengths

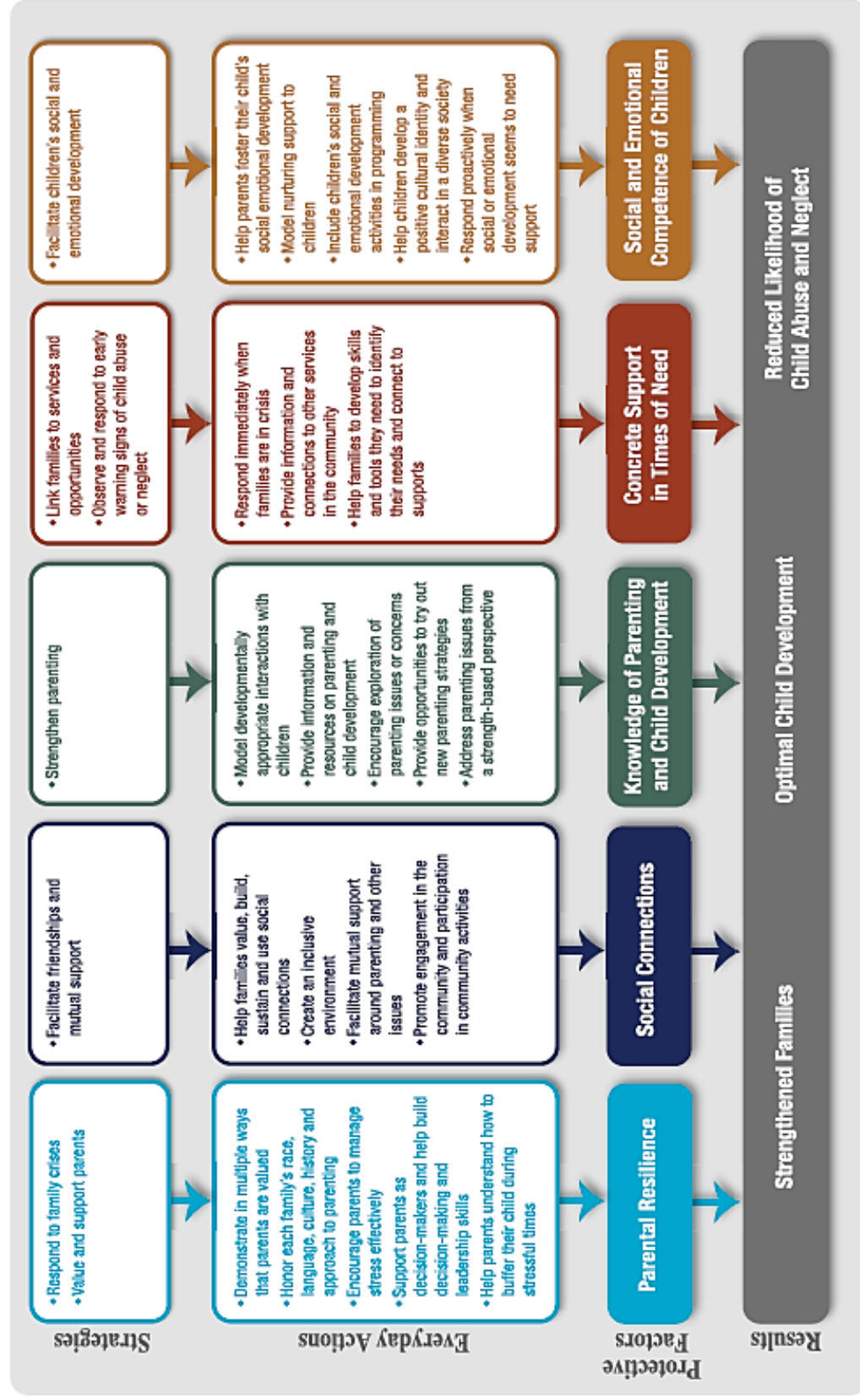
As we consider each protective factor, ask yourself these three questions:

1. How does culture impact this protective factor in a family?
2. How does your own culture shape how you feel, how you react and what you say or think?
3. How does culture impact what and how you are teaching?



The Pathway to Improved Outcomes for Children and Families

Strategies and Everyday Actions That Help Build Protective Factors



Strengthening Families™ Protective Factors Framework: Introduction

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Seven Strategies

Write on each post-it note an example of what you currently do in your work that uses each strategy.

- 1 Respond to family crises
- 2 Value and support parents
- 3 Facilitate friendships and mutual support
- 4 Strengthen parenting
- 5 Link families to services and opportunities
- 6 Observe and respond to early warning signs of child abuse or neglect
- 7 Facilitate children's social and emotional development



Protective Factors Training & Resources

California Training Institute (CalTrin)

- Website: <https://www.caltrin.org/>
- [Monthly Protective Factors Training](#)
- [Blog: Understanding and Integrating the Protective Factors Framework into Everyday Practice](#)

Center for the Study of Social Policy (CSSP)

- Website: <https://cssp.org/our-work/project/strengthening-families/#story>
- [Scripted curriculum](#) and [resources](#) available through CSSP's website.
- [Self-Assessments for Programs](#)
- [Protective Factors Action Sheets](#)
- [Strengthening Families System Implementation](#)

Children's Trust Fund Alliance (CTFA)

- Website: <https://ctfalliance.org/protective-factors/>
- [Self-paced Courses](#)
- [Protective Factors Infographics and Conversation Guides](#) (English and Spanish)
- Train the Trainer Certification

Butterfly Trainings that Transform

- Website: <https://butterflyttt.com/>
- [STRONG Book](#): Protective Factors training with lesson plans
- Train the Trainer Certification