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.