

## January Newsletter



# Building Strong Families

## The Five Key Protective Factors

### 1. Parental Resilience

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

### 2. Social Connections

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

### 3. 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).

### 4. Concrete Support in Times of Need

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

### 5. 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.



#### Resources:

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



Many thanks

to DIG PADDLESPORTS  
for hosting another amazing  
New Year POLAR PLUNGE fundraiser!

Thank you to all who donated and participated!!