

# The 5 Protective Factors

## in Action at Parent Participation!

Research has shown that the 5 Protective Factors increase family stability, enhance optimal child development, and promote positive parent-child relationships. Look at the ways in which Parent Participation helps to strengthen these factors every day!



### Gaining Knowledge of Parenting and Child Development

- Discussion topics on typical characteristics of each age
- Modeling and practicing with Positive Discipline strategies
- Guest speakers sharing expertise
- Examples of developmentally appropriate materials and environment



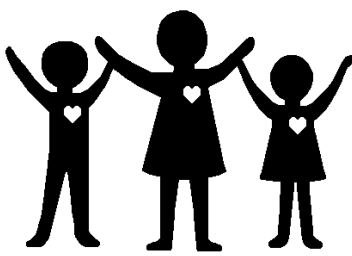
### Supporting Social and Emotional Competence of Children

- Predictable school-readiness routines
- Group circle time with songs, stories and movement
- Caring adults guiding children's behavior during indoor/outdoor play
- Opportunities for children to practice new skills in a group setting



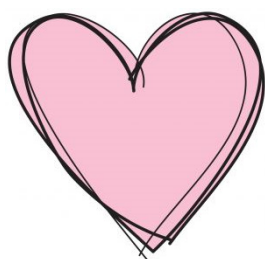
### Building Social Connections

- Intentional "getting to know you" activities
- Opportunities for the whole family to come to class together
- Class roster provided to facilitate out-of-class connections
- Time to help and get to know other children and parents



### Strengthening Parental Resilience

- Discussion topics on self-care and stress management
- Supportive, caring environment for parents to share concerns
- Time to connect and ask questions of teachers and other parents
- Enhanced parenting skills to increase confidence with challenges



### Finding Concrete Support in Times of Need

- "Parenting Resources" bulletin board in each class
- Resource list handout for community-based services
- Classroom teacher as a liaison to services
- Guest speakers sharing connections

