



Protective Factors: Strategies to Strengthen Families

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Being a parent/caregiver is hard. Be brave, get help. Find resources at 1-800-CHILDREN (244-5373)	2 Children thrive on routine and love to be part of family traditions. Honor a tradition or start one of your own.
3 Positive words of affirmation change the people who hear them and the people who say them. Share positive words today.	4 Model resilience for your child. When faced with a challenge, remind yourself and your child, it is temporary.	5 Play a game when in the car or traveling - a game or travel bingo/make the ride fun!	6 Offer assistance or even a smile to a parent who has his/her hands full.	7 Recognize your own triggers, those that make you lose your patience or make you angry. Take time to breathe or be in the moment.	8 Help your child by teaching them to help others.	9 Dial 2-1-1 (3-1-1 in NYC) to find out about organizations that support families in your area.
10 Listening to and validation of what a parent is feeling or going through is a huge stress reliever. Be a good listener today.	11 Teach children how to name their feelings. Help them talk about what it feels like in their body.	12 Give another caregiver time by offering to take care of their child.	13 Make something with your child. Arts and crafts are fun for adults, too.	14 Be active in your children's events... put your phone away!	15 Be there for someone today.	16 Children learn new skills all the time. Learn what to expect at https://www.cdc.gov/ncbddd/actearly/index.html
17 Use words that help, not hurt. You are a mirror for your children. They believe what you say about them.	18 Seek the help or advice of a grandparent or someone in your community who has "been there and done that."	19 Read to your child every single day.	20 Tell a parent something positive and specific about their child.	21 Join a club, project or team with your child.	22 Take time for yourself today, even if it's just a long, hot shower.	23 Remember, your child is not giving you a hard time, they are having a hard time. Be their helper today.
24 Start a garden with your children. Plant some flowers or vegetables together. Water and watch them grow.	25 Celebrate those in your community or in your life who help lighten the load and share in the care of your children.	26 Tune out those who you feel are judging you and focus on what your child needs from you to cope and feel supported.	27 Take a walk and talk with your child(ren), your partner, a friend, or another parent.	28 Take a few deep, cleansing breaths. and sit quietly – noticing how you feel.	29 Pick a day/time to have dinner as a family at least once a week. Family dinners build resilience in children.	30 Play catch or have a dance party with your child. Important conversations can happen in these shared moments.



Building protective factors is a good way to develop your strong family:

- Nurturing and attachment
- Knowledge of parenting and child development
- Parents' resilience
- Supports for parents when needed
- Healthy social and emotional development
- Social connections



Office of Children and Family Services

Calendar adapted from the Children's Bureau, an office of the U.S. Department of Health and Human Services' Administration for Children and Families.