



## 5 Protective Factors That Strengthen Your Family



### 1. Parental Resilience

Learn how to manage your own stress.

As a parent, take time for yourself and ask for help when you need it. Write down things you love to do and find ways to do those things more often.



### 2. Make Social Connections

Give and receive support from others.

It's easier to parent with the support of friends and family. Build a network of people who help empower you as a parent. Reconnect with old friends or join a new community group to reach more people.

### Let Your Voice Be Heard

Our brief survey asks questions about hobbies, family, and goals. Help us give Mercer County kids a brighter future!



### 3. Gain Power Through Knowledge

Learn more about your child's needs.

Parenting is never perfect. But knowing what to expect from your child can help them thrive. Stay involved with your child's school and recognize their needs.



### 4. Support Them in Times of Need

Get help from experts.

Make a list of available resources for times of need. When your basic needs are met, you can spend less time worrying and more time helping your child.



### 5. Awareness of Emotions

Help your child manage their feelings.

Helping your child with emotions allows them to build healthy relationships. Respond consistently to your child and teach them how to express their feelings.

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