



Protective Factors: Strategies to Strengthen Families

April 2023

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



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.