






Protective Factors: Strategies for Strong Families

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Positive words of affirmation change the people who hear them and the people who say them. Share positive words today.	2 Take a few deep, cleansing breaths and sit quietly. Notice how you feel.	3 Offer help or even a smile to a parent who has his/her hands full.	4 Recognize your own triggers, those that make you lose your patience or make you angry. Take time to breathe or be in the moment.	5 Play a game when in the car or traveling – a game or travel bingo make the ride fun!	6 Dial 2-1-1 (3-1-1 in NYC) to find out about organizations that support families in your area.
7 Listening to and validating what a parent is feeling or going through helps relieve stress. Be a good listener today.	8 Play catch or have a dance party with your child. Important conversations can happen in these shared moments.	9 Children thrive on routine and benefit from clear, consistent expectations.	10 Give another caregiver time by offering to take care of their child.	11 Make something with your child. Arts and crafts are fun for adults, too.	12 Children love to be part of family traditions. Honor a tradition or start one of your own.	13 Be there for someone today.
14 Children learn new skills all the time. Learn what to expect at: https://www.cdc.gov/ncbddd/actearly/index.html	15 List your talents and share them with your child. What are your child's talents?	16 Model resilience for your child. When faced with a challenge, remind yourself and your child it is temporary.	17 Teach children how to name their feelings. Help them talk about what it feels like in their body.	18 Seek the help or advice of a grandparent or someone in your community who has, "been there, done that."	19 Be present while spending time with your family.	20 Self-care is important. Take time for yourself today, even if it is just a long, hot shower.
21 Remember, your child is not giving you a hard time, they are having a hard time. Be their helper today.	22 Start a garden with your children. Plant some flowers or vegetables together. Water and watch them grow.	23 Celebrate those in your community or in your life who help lighten the load and share in the care of your children.	24 Read to your child	25 Take a walk and talk with your child, partner, a friend, or another parent.	26 Tell a parent something positive and specific about their child.	27 Pick a day/time to have a meal as a family at least once a week. Family meals build resilience in children.
28 Being a parent/caregiver is hard. Be brave and get help. Find resources by calling the HEARS Family line at 1-888-55-HEARS.	29 Help your child by teaching them to help others.	30 Share a healthy snack with your child.				



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

HEARS Family Line
 Help. Empower. Advocate
 Reassure. Support
 1-888-55-HEARS



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.