

About the Five Protective Factors

The five protective factors are:

- **Nurturing and attachment**-The importance of early bonding, as well as nurturing throughout childhood helps parents build a close bond with their children and better understand, respond to, and communicate with their children.
- **Knowledge of parenting and of child and youth development**-Information about what to anticipate as children develop and strategies for effective parenting will help parents learn what to look at each age and how to help their children reach their full potential.
- **Parental resilience**-How parents cope and problem solve affects their ability to deal effectively with everyday stress or a major crisis. Recognizing the signs of stress and knowing what to do about it can help parents build their capacity to cope.
- **Social connection**-Identifying ways to help parents expand their social networks and build a broader base of parenting support is very important. Parents with an extensive network of family, friends, and neighbors have better support in times of need.
- **Concrete supports for parents**-Finding out what basic resources are available in the community and how to access them to address family-specific needs such as financial, housing, etc. will help families meet their basic needs and allow parents to attend to their role as parents. Caregivers with access to financial, housing and other concrete resources that help them meet their basic needs can better attend to their roles as parents.

Which Protective Factors Are Most Important?

Research has shown that the following protective factors are linked to a lower incidence of child abuse and neglect:

Nurturing and Attachment. A child's early experience of being nurtured and developing a bond with a caring adult affects all aspects of behavior and development. When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Knowledge of Parenting and of Child Youth Development. Discipline is more effective when parents know how to set and enforce limits and encourage appropriate behaviors based on the child's age and level of development. Parents who understand how children grow and develop can provide an environment where children can live up to their potential. Child abuse and neglect are often associated with a lack of understanding of basic child development--or an inability to put the knowledge into action. Timely mentoring, coaching, advice, and practice may be more useful to parents than information alone.

ChildHelp Pee Dee
24 Hour Toll-Free Helpline
1-866-867-9857
Parenting is tough. Asking for help doesn't have to be.



Information brought to you by:
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