

Safe communities Strong families Healthy children

How you can help build these protective factors in families?

- Spend quality time with your children – talk with them...play with them.
- Spend time together as a family.
- Reach out to a parent in need of help.
- Volunteer to help a child.
- Know and support your child's strengths.
- Encourage positive behavior through praise.
- Prevent stress by communicating with family and friends. Take care of yourself.
- Join a parent's group or play group in the neighborhood.
- Learn about all available community resources.

For more information, please visit www.jfs.ohio.gov/OCTF/



It's
Your/**T**urn
...to Raise the Leaders of Tomorrow

Five parent and child characteristics that keep families strong and children safe:

Nurturing and attachment—The importance of early bonding, as well as nurturing throughout childhood. Building a close bond helps parents better understand, respond to, and communicate with their children.

Knowledge of parenting and of child development—Information about what to anticipate as children develop and strategies for effective parenting. Parents learn what to look for at each age and how to help their children reach their full potential.

Parental resilience—How parents' ability to 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 connections—Identifying ways to help parents expand their social networks to build a broader base of parenting support. Parents with an extensive network of family, friends, and neighbors have better support in times of needs.

Concrete supports for parents—Finding out what basic resources are available in the community and how to access them to address family-specific needs. Caregivers with access to financial, housing, and other concrete resources that help them meet their basic needs can better attend to their role as parents.

