

# 5 PROTECTIVE FACTORS TO STRENGTHEN FAMILIES



WITH THE 5 PROTECTIVE FACTORS IN PLACE, YOU ARE MORE LIKELY TO REDUCE FAMILY STRESS AND CONTRIBUTE TO POSITIVE OUTCOMES FOR YOUR CHILDREN, FAMILY AND COMMUNITY



## 1.) PARENTAL RESILIENCE

The ability to bounce back from difficult life experiences. You can often come out stronger or even transformed by those experiences. Self care is important for parental resilience.

## 2.) SOCIAL CONNECTIONS

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.



## 3.) CONCRETE SUPPORTS IN TIMES OF NEED

Knowledge of resources and how to access the supports and services that reduce stress and help to make families stronger.

## 4.) KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social/emotional).



## 5.) SOCIAL EMOTIONAL COMPETENCE OF CHILDREN

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

**SUPPORT FAMILIES AND HELP CHILDREN THRIVE!**

[www.broomfield.org](http://www.broomfield.org) | [www.broomfieldfish.org](http://www.broomfieldfish.org) | [www.casa17th.org](http://www.casa17th.org) | [www.broomfieldecc.org](http://www.broomfieldecc.org)



**BROOMFIELD**  
Mamie Doud Eisenhower  
PUBLIC LIBRARY



**Broomfield**  
Early  
Childhood  
Council



# Broomfield resources to support children and families

All resources can be accessed at  
[www.broomfieldecc.org](http://www.broomfieldecc.org)

## 1.) PARENTAL RESILIENCE

- City and County services: <http://broomfield.org/FamilyBeginnings>
- Resource Guide for services accessible to Broomfield residents:
  - [www.broomfieldresourceguide.com](http://www.broomfieldresourceguide.com)
- Information and assistance: [www.211Colorado.org](http://www.211Colorado.org)
- Mental Health Warm Line: 303-545-0852
- Community mental health:  
[www.mhpcolorado.org](http://www.mhpcolorado.org) & [www.communityreachcenter.org](http://www.communityreachcenter.org)

## 2.) SOCIAL CONNECTIONS

- Parent support groups: [www.circleofparents.org](http://www.circleofparents.org)
- Bright By Text: <https://brightbytext.org/home>
- Family activities and support:
  - [www.broomfieldrecreation.com](http://www.broomfieldrecreation.com)
- Broomfield Public Library activities and services for all ages
  - <https://www.broomfieldlibrary.org>

## 3.) CONCRETE SUPPORT IN TIMES OF NEED

- Food and rental assistance: [www.broomfieldfish.org](http://www.broomfieldfish.org)
- Clothing and necessary personal supplies: [www.apreciouschild.org](http://www.apreciouschild.org)
- Broomfield County services: [www.broomfield.org](http://www.broomfield.org)
- Safehouse Progressive Alliance for Non-Violence:  
[www.safehousealliance.org](http://www.safehousealliance.org)
- Conscious Alliance: <https://consciousalliance.org/pages/about-us>
- Broomfield FISH: [www.broomfieldfish.org](http://www.broomfieldfish.org)

## 4.) KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

- Early Learning Development Guidelines and Activities:
  - [www.earlylearningco.org](http://www.earlylearningco.org)
- Early childhood developmental supports:
  - [www.imaginecolorado.org](http://www.imaginecolorado.org)
- Understanding the behavior of your child:
  - <https://clearchildpsychology.com/assessment/>
- Teaching Your Child to Become Independent with Daily Routines:
  - [http://csefel.vanderbilt.edu/documents/teaching\\_emotions.pdf](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf)
- Toddlers and Challenging Behavior: Why They Do It and How to Respond
  - <https://www.zerotothree.org/resources/326-toddlers-and-challenging-behavior-why-they-do-it-and-how-to-respond>

## 5.) SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

- Helping your child build relationships:
  - <https://www.zerotothree.org/resources/227-tips-on-helping-your-child-build-relationships>
- Teaching Your Child About Feelings:
  - [http://csefel.vanderbilt.edu/documents/teaching\\_your\\_child-feeling.pdf](http://csefel.vanderbilt.edu/documents/teaching_your_child-feeling.pdf)
- Parenting classes to support social/emotional development in young children: [www.broomfieldecc.org/family-support](http://www.broomfieldecc.org/family-support)