

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 SUPPORT 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, 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!



BROOMFIELD
Mamie Doud Eisenhower
PUBLIC LIBRARY



Broomfield
Early
Childhood
Council



Broomfield resources to support children & families

All resources can be accessed at
www.BroomfieldECC.org

1.) PARENTAL RESILIENCE

- Home Visiting: www.Broomfield.org/FamilyBeginnings
- Resource Guide for Services in Broomfield:
www.BroomfieldResourceGuide.org
- Information and Assistance: www.211Colorado.org
- Mental Health Warm Line (call for support): 303-545-0852
- Community Mental Health: www.MHPColorado.org &
www.CommunityReachCenter.org
- Finding Child Care:
www.BroomfieldChildCareConnect.org



2.) SOCIAL CONNECTIONS

- Parent Support Groups: www.CircleOfParentsCO.org
- Activities & Information: www.BrightByText.org
- Family Activities: www.BroomfieldRecreation.org
- Broomfield Public Library: www.BroomfieldLibrary.org
- Parenting and Education:
www.ParentEngagementNetwork.org

3.) CONCRETE SUPPORT IN TIMES OF NEED

- Food and Rental Assistance: www.BroomfieldFISH.org
- Clothing and Personal Supplies: www.APreciousChild.org
- Broomfield County Services: www.Broomfield.org
- Domestic Violence Support: www.SafehouseAlliance.org
- Meal & Food Support: Text MEAL to 274 448
- Child Care Assistance: www.Broomfield.org/260/Human-Services

4.) KNOWLEDGE OF PARENTING IN TIMES OF NEED

- Early Learning Development Guidelines and Activities:
www.earlylearningco.org
- Early Childhood Development Support:
www.imaginecolorado.org
- Social / Emotional Foundations:
www.csefel.vanderbilt.edu
- Dealing with Challenging Behavior:
www.ZeroToThree.org
- Early Intervention: www.cdec.colorado.gov



5.) SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

- Build Relationship with Children: www.ZeroToThree.org &
www.BroomfieldECC.org
- Teaching About Feelings: www.csefel.vanderbilt.edu
- Parenting with Social/Emotional Skills:
www.CircleOfSecurityInternational.com &
www.BroomfieldECC.org

