



CHILD ABUSE PREVENTION MONTH

2023 CAMPAIGN:
ADDITIONAL PREVENTION STRATEGIES

FIVE PROTECTIVE FACTORS

There are simple steps we can take every day to support families and reduce the stressors that can lead to child abuse and neglect. The Five Protective Factors have been shown to strengthen families, promote children's growth and wellbeing, and reduce the likelihood that abuse and neglect will occur. The Five Protective Factors are parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need and social and emotional development of children.

- **Resilience** is being flexible, working through problems, and being there for children even when times are tough.
- **Social connections** provide a support system of family and friends that can help caregivers feel valued, connected, and understood.
- With **knowledge of parenting and child development**, parents know what to expect and can nurture and support children through all the ages and stages of childhood.
- **Concrete support** is knowing how and where to ask for help. All families need support from time to time.
- Supporting the **social and emotional development of children** gives them words to express how they feel and teaches them to communicate effectively, reducing stress within the family.

STRESS BUSTERS

Being a parent or caregiver can be stressful. Incorporating wellness strategies into daily routines makes handling the challenges a bit easier, and they can also help prevent toxic stress in children.

Stress Busters include balanced nutrition, quality sleep, physical activity, mindfulness practices, spending time in nature, mental health care, and supportive relationships.

- Balanced nutrition, quality sleep, and physical activity are important for health and well-being.
- Mindfulness practices create awareness of thoughts and body sensations, and can be a source of calming and mental clarity when life becomes stressful.
- Spending time in nature can inspire wonder and awe, connecting us to the cycles and seasons of the natural world.



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- Mental health care starts with noticing and recognizing feelings of stress and overwhelm. It is developing healthy coping skills and reaching out to others for help when needed. Sometimes what helps the most is finding community services that address concerns and restore balance.
- Supportive relationships are important for people of all ages and abilities, and they can include family members, friends, neighbors, teachers, doctors, spiritual counselors, and community leaders – anybody who shows an interest and offers trust and mutual respect.
- Engages parents as leaders in child abuse and neglect prevention.