

# WHAT MAKES YOUR FAMILY STRONG?

## THE REALITY IS...

Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

## THE GOOD NEWS IS...

The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

Parental Resilience

Exercise Flexibility

& Develop your inner strength

Social Connections

Make a friend

Knowledge of Parenting & Child Development

Learn to be your child's expert

Concrete Support in Times of Need

Ask for help

Social & Emotional Competence of Children

Give your child words to express how they feel

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**strengthening families**  
STRENGTHENING FAMILIES LEADERSHIP

Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) to prevent child abuse and neglect by building five protective factors.



Charlevoix, Emmet,  
Northern Antrim Counties

What Makes Your Family Strong? campaign created by:  
The Great Start Collaborative of Charlevoix,  
Emmet, & Northern Antrim Counties.  
[www.whatmakesyourfamilystrong.org](http://www.whatmakesyourfamilystrong.org)



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The National Alliance of Children's Trust and Prevention Funds  
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