

July 2011



Upcoming Events:

ACAPC Meeting
July 18, 2011
10:00 to 11:30am
Health & Human
Services, Room B

Now Enrolling! Amador
State Preschools—Call
257-5338

Save the Date!

September 7, 2011
Strengthening Families
by Building Protective
Factors Workshop is
coming to Jackson! -
Register online at:
www.familyresourcecenters.net

Amador Child Abuse Prevention Council
(sponsored by the
Amador Community Foundation)
845 E. State Hwy. 88, #183
Jackson, CA 95642
209-223-5921
Email: info@amadorcapc.org
www.amadorcapc.org

The Five Protective Factors

Several folks from Amador recently attended a workshop called *Strengthening Families by Building Protective Factors*. We learned that **all** families need the same Five Protective Factors in order to succeed in our roles as parents and to help promote our children's healthy development.

The Five Protective Factors that all families need can be simply explained as:

1. Social connections – **“parents need friends”** - You have people you can talk to and help you when you need it.
2. Knowledge of parenting and child development – **“parenting is part natural, part learned”** - You have accurate information about raising young children and appropriate expectations for their behavior.
3. Social and emotional competence of children – **“help children communicate”** - Help children learn how to identify their feelings, empathize with the feelings of others, and share emotions appropriately.
4. Concrete support in time of need – **“we all need help sometimes”** You are able to cover your family's basic needs and know where to go if you need help.
5. Parental resilience – **“be strong and flexible”** - The ability to cope and bounce back from all kinds of challenges.

The Five Protective Factors were identified as not only an approach to strengthen families, but also as:

- ◆ A way to prevent child abuse and neglect with the ability to reach millions of children across the nation long before abuse or neglect occurs.
- ◆ A way to promote optimal development of all children.

Here are a few ideas that came up at the workshop:

- ◆ Advertise local resources such as parenting classes, dental and health care, child care subsidies, housing assistance, and links to transportation; The Resource Connection (223-1624) has a great resource guide for Amador and Calaveras.
- ◆ Give referrals to specific people at service agencies (not just the agency), and transportation to those services, if needed.
- ◆ Initiate contact or conversation if you suspect a child or family problem or emergency.
- ◆ Don't assume that just because a person has access to a service, such as health insurance, that they will use it or know how to..
- ◆ Reach out to isolated parents.

