

Strengthening Families™ Video Script:

Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. This approach has five protective factors for families:

- Parental resilience - Managing stress and functioning well when faced with challenges, adversity and trauma*
- Social connections - Positive relationships that provide emotional, informational, instrumental and spiritual support*
- Knowledge of parenting and child development – Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development*
- Concrete support in times of need - Access to concrete support and services that address a family's needs and help minimize stresses caused by challenges*
- Social and 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*

Regular communication with families provides opportunity to encourage them and offer suggestions and resources. Resilient families are the best prevention of child abuse and neglect.