

## Strengthening Families Video Transcript

Raising children is hard work. It's important to know where and when to ask for help so children are always in a safe and healthy home. Sometimes, parents may struggle to keep their children safe and well cared for. People closest to families and who spend time with a child every day can be an essential support system.

This support for parents can be the best way to prevent child abuse and neglect.

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.

**\*\*Transcript developed by Successful Solutions\*\***