

# FAMILIES NEED ALL OF THESE TO THRIVE!

## Protective Factors with Sample Café Questions



**I WILL CONTINUE TO HAVE COURAGE DURING STRESS OR AFTER A CRISIS (RESILIENCY)**

- What gives you courage during trying times?
- What does it mean to stay present?



**I AM CURIOUS ABOUT MY CHILD AND RESPOND TO THEIR NEEDS (ADEQUATE KNOWLEDGE OF PARENTING CHILD DEVELOPMENT)**

- How do I know I need more information?
- What do I rely on when I have questions about my parenting?



**MY FAMILY CAN ACCESS BASIC NEEDS WHEN THEY NEED IT (ACCESS TO CONCRETE SUPPORT IN TIMES OF NEED, INCLUDING ACCESS TO NECESSARY SERVICES, SUCH AS MENTAL HEALTH)**

- What happens when basic needs are not met?
- How can all families get their needs met, not just families who know how the system works?



**I HAVE PEOPLE WHO KNOW ME, FRIENDS, AND AT LEAST ONE PERSON WHO SUPPORTS MY PARENTING (AN ARRAY OF SOCIAL CONNECTIONS)**

- Who can you count on in your family, neighborhood, or community and what does their support look like?
- What in your family history or culture makes it difficult or easy to ask *for help*?



**MY CHILD FEELS LOVED, A SENSE OF BELONGING, AND CAN GET ALONG WITH OTHERS (HEALTHY SOCIAL AND EMOTIONAL DEVELOPMENT)**

- How does my child know how I feel? How do I know what they are feeling?
- What builds a sense of belonging for my child?

