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?