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 (COURAGE)
• What strengths do you rely on to get through crisis or tough times?
• What helps you reach out to others during challenging times?

I AM CURIOUS AND RESPONSIVE TO WHAT MY CHILDREN NEED (FREEDOM)
• What surprised me as a parent?
• What do I rely on when I need more information?

MY FAMILY HAS ACCESS TO BASIC NEEDS (HEALTH)
• What do you consider to be basic needs for your family?
• How has the access to basic needs changed from when our grandparents were raising children?

I HAVE PEOPLE WHO KNOW ME, FRIENDS, AND AT LEAST ONE PERSON WHO SUPPORTS MY PARENTING (COMMUNITY)
• What helps you feel you belong?
• How does your family history (culture) impact your tendency to ask for help?

MY CHILD FEELS LOVED, A SENSE OF BELONGING, AND CAN GET ALONG WITH OTHERS (COMPASSION)
• How does my child learn compassion-to be aware of the feelings of others?
• What builds a sense of belonging for my child?

More:
What did these protective factors look like for you as a child?
What is important about knowing all five protective factors are needed for a child to thrive?

The Community Café Collaborative
Parents Partnering with Communities & Organizations to Strengthen Families