

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