

Social and Emotional Competence

Children's early experiences of being nurtured and developing a **positive relationship** with caring adult **affects all aspects** of behavior and development.

Knowledge of Parenting & Child Development

Children **thrive** when parents provide **not only affection**, but **also** respectful communication and listening, consistent rules and expectations, and **safe opportunities** that promote independence.

Social Connections

Parents with a social network of **emotionally supportive friends, family, and neighbors** often find that it is **easier to care** for their children and themselves.

Resilience

Parents who can cope with the **stresses of everyday life**, as well an occasional crisis, have **resilience**; they have the flexibility and inner strength necessary to **bounce back** when things are not going well.

5 Protective Factors



Concrete Support

Families who can meet their **own basic needs** for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are **better able to ensure the safety and well-being of their children**.

ACEs can have devastating impacts on long term health

When a child experiences adverse childhood experiences (ACEs), it can have life-long consequences for physical and mental health. But, one caring adult can make a difference. That's why we know building protective factors in parents, communities and businesses is important.

For more information

Please call 919-829-8009 or email info@positivechildhoodalliancenc.org

PositiveChildhoodAllianceNC.org



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