



Tips for Parents

Protective Factors are the strengths and resources we need to be our best. They help us get through the tough times. Here are some tips to build protective factors for your family!



Parental Resilience is the courage to respond to the pressures of life. It helps you bounce back from challenges.

- Surround yourself with people who support you.
- Share your feelings

with someone you trust.

- Take some time for yourself – pray, go for a walk, or write down your thoughts.
- Figure out a plan to make a situation better.

Social Connections are the positive people in your life who you can count on.

- Join (or start) neighborhood activities such as potluck dinners, playgroups, or block parties.
- Ask for help – you don't have to do it all alone.
- Join a parent support group.
- Find a place of worship that welcomes and supports parents.

Concrete Supports in Times of Need are the resources available for you when you need them.

- Make a list of people or places you can call.
- Use the AlamedaKids.org to find local resources for housing, food, child development and more.
- Ask your child's teacher or doctor for resources.

Knowledge of Parenting and Child Development is a continual process. Parents are always learning new things about raising children and what they can do, and what they need, at different ages.

- Join a parenting class, parent support group, or playgroup.
- Learn about the "developmental milestones" to understand what to expect as your child grows.
- Take the time to think about what kind of parent you want to be. Let this guide you.
- Join Help Me Grow to track your child's development.

Social and Emotional Competence of Children is how you help your children express their feelings, get along with others, and deal with conflict.

- Connect with your child every day. Hug, read, sing, or talk with your child.
- Provide regular routines, especially for young children.
- Listen and respect your child's feelings.
- Help your child solve problems in age-appropriate ways.

**Have more questions?
We are here to help.**

Help Me Grow is a free service for families with children ages birth to 5. We provide support, tips and resources.

