Three Important Protective Factors related to Social and Emotional Health and Resilience

**INITIATIVE**
The child’s ability to use independent thought and action to meet his or her needs

**SELF-REGULATION**
The child’s ability to experience a range of feelings and express them in a safe and healthy way

**ATTACHMENT/RELATIONSHIPS**
The child’s ability to promote and maintain mutual, positive connections with others
12 Strategies to Help Build Protective Factors

**Initiative:**
1) Invite Children to Help
2) Encourage Self-Talk
3) Role-Play Tough Situations
4) Scaffold – Let Her Try!

**Self-Regulation:**
1) Talk and read and sing about feelings
2) Plan ahead for transition and change
3) Provide calm places and soothing activities
4) Read Cues and Temperament Styles

**Attachment/Relationships:**
1) Personalize and Individualize
2) Follow your child’s lead
3) Create peer-partners
4) Hug and cuddle

---

**Positive Guidance**

- **Infants** → Safety
- **Toddlers and Preschoolers** → Limits, Consistency
- **School-Aged Children** → Problem-Solving

**Social and Emotional Skills Take Practice!**

---

1. Celebrate your child’s strengths.
2. When your child “acts up,” try to uncover the real reason for her behavior.
3. Do not let your child witness family violence. Do not let anyone physically abuse or hurt your child with words.
4. Take care of yourself.

---

And Don’t Forget to... Take care of YOU!
Build Your Bounce!