

# KNOW the 5 PROTECTIVE FACTORS

that make your Family strong!

Studies show that healthy families need these to raise healthy kids:

## 1. RESILIENCE FOR PARENTS

Developing your ability to cope and bounce back from life's stresses and problems.

## 2. SOCIAL CONNECTIONS

Creating a network of people you can reach out to for support, both in hard times and in good times.

## 3. CONCRETE SUPPORT

Knowing your family's basic needs are taken care of, and where to find help in times of crisis.

## 4. KNOWLEDGE OF CHILD DEVELOPMENT & PARENTING

Learning what to expect, what healthy children need, and what to do as a parent.

## 5. SOCIAL AND EMOTIONAL SKILLS

Helping your child learn how to cope, make friends, and succeed in the world.

HAVE QUESTIONS ABOUT THE 5 PROTECTIVE FACTORS OR  
ANY OTHER PARENTING ISSUE?

Call us! It's FREE and CONFIDENTIAL!

### THE PARENT LINE

Oahu  
526-1222

Neighbor Islands Call Toll-free:  
1-800-816-1222

