

# the five protective factors

The Children's Trust and our partners strengthen Massachusetts families by helping them build these Protective Factors in their lives.



1

## parental resilience

the ability to cope and bounce back from all types of challenges

2

## knowledge of parenting and child development

accurate information about raising young children and appropriate expectations for their behavior

3

## social connections

friends, family members, neighbors, and others in the community who provide emotional support and assistance

4

## children's social and emotional development

a child's ability to interact positively with others and communicate his or her emotions

5

## concrete support in times of need

accessing life essentials, such as food, clothing, and housing, when there is an immediate need



[childrenstrustma.org](http://childrenstrustma.org)  
[onetoughjob.org](http://onetoughjob.org)