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.

The Center for the Study of Social Policy developed the Protective Factors.

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