

Strong Families

Keeping Your Family Strong Brought to you by the Aurora EAP



Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child’s behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day.

Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and enhance child well-being.

This tip sheet describes simple ways you can build protective factors in your own family.

Nurturing and Attachment:

- Take time at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.
- Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as “I spy”).

Parental Resilience:

- Take quiet time to reenergize: Take a bath, write in a journal, sing, laugh, play, relax with a cup of tea.
- Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.
- Share your feelings with someone you trust.
- Surround yourself with people who support you and make you feel good about yourself.

Social and Emotional Competence of Children:

- Provide regular routines, especially for young children.
- Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.
- Talk with your children about how important feelings are.
- Teach and encourage children to solve problems in age appropriate ways.