

**The Child Abuse Prevention Center** invites you to join us in the **Strengthening Families Approach** mobilizing partners, communities, and families to build family strengths, promote optimal child development, and reduce child abuse and neglect through

The **Protective Factors** that strengthen families

Nurturing and Attachments: As children grow, nurturing by parents and other caregivers remains important for healthy physical and emotional development.

Knowledge of Parenting and Child Development: Accurate information about raising young children and appropriate expectations for their behavior at every age help parents see their children and youth in a positive light.

Parental Resilience: The ability to cope and bounce back from all types of challenges that emerge in every family's life.

Social Connections: Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents.

Concrete Support for Parents: Ability of families to meet their basic needs for food, clothing, housing, and transportation – and who know how to access essential services such as child care, health care, and mental health services.

Social and Emotional Competence of Children: Children's emerging ability to interact positively with others, self-regulate their behavior, and effectively communicate their feelings has a positive impact on their relationships with their family, other adults and peers.

**Information and Resource Line (916) 244-1906 or [thecapcenter.org](http://thecapcenter.org)**

Sources: Center for the Study of Social Policy | Strengthening families A Protective Factors Framework | [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

# Strengthening Families

## Daily Acts of Kindness Towards Children

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read to your child.	Compliment and encourage children.	Allow your child options.	Listen to your children's stories and dreams.	Praise your children for what they are doing well.	Sing a song with your child.	Color a special picture with your child. Hang it on the refrigerator.
Go for a family bike ride.	Set aside time each day to focus entirely on your child.	Plant a garden together.	Create an art and craft activity that you can do with your child.	Take your child to the zoo.	Help your child pick out old toys to give away.	Play your child's favorite game.
Make cookies with your child.	Hug your children for no reason.	Turn up the radio and dance together.	Do something relaxing with your child like get a pedicure together.	Take your children to visit a fire station.	Teach your children to resolve conflicts peacefully.	Go for a long walk together.
Teach your child words to describe their feelings.	Rent a family movie and share a bowl of popcorn.	Build a fort in your living room with your child.	Go to the park with your child.	Ask your Children what was the best part of their day.	Tell your children "I love you."	Take your children on a picnic.
Make Sunday dinner together as a family.	Ask your children about their favorite subject in school.	Plan an activity with another family.	Invite your child's friends over to your house.	Take your child to the library and check out a special book.	Make Friday night Family Night!	Help your child send a note, picture, or card to someone they appreciate.



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