

Talking Points: Strengthening Families through Protective Factors

1. Parental Resilience: Strengthening Families Starts with Strong Parents

- Resilient parents create stable, nurturing homes where children thrive.
- Investing in mental health resources and stress management programs helps parents navigate challenges successfully.
- When parents have the tools to manage adversity, they foster a secure environment that promotes healthy child development.

2. Social Connections: Strong Communities Build Strong Families

- Families who are connected to supportive networks experience less stress and have more resources to navigate challenges.
- Encouraging community engagement, mentorship programs, and peer support groups strengthens family bonds and promotes well-being.
- Policies that support local Family Resource Centers and community programs create lasting connections that benefit children and caregivers alike.

3. Knowledge of Parenting and Child Development: Empowering Parents with Information

- When caregivers understand child development, they can provide the nurturing support children need to reach their full potential.
- Expanding access to parenting education, home visiting programs, and early childhood resources equips families with tools for success.
- A well-informed parent is a confident parent—ensuring access to guidance and education strengthens entire communities.

4. Concrete Support in Times of Need: Providing Families with the Right Resources at the Right Time

- Every family faces challenges, but ensuring access to essential resources—like food, housing, healthcare, and childcare—helps children grow up in safe, stable environments.
- Proactive support reduces family stress, prevents crises, and keeps children safe and thriving.
- Investments in programs that provide tangible assistance strengthen New Hampshire's workforce and future generations.

5. Social-Emotional Competence of Children: Building Resilient, Emotionally Healthy Kids

- Children who learn to express their emotions in positive ways build strong relationships and succeed in school and life.
- Supporting social-emotional learning programs in schools and early childhood settings helps children develop self-regulation and empathy.
- By investing in programs that teach emotional resilience, we are ensuring a future generation of confident, capable adults.

CALL TO ACTION:

New Hampshire families are the foundation of our communities. By prioritizing policies and programs that strengthen these protective factors, we invest in a stronger, healthier, and more resilient future for all. Let's work together to build systems that empower parents, support caregivers, and create environments where every child can thrive.

