

# 10 Hopeful Gifts for Families

## Rooted in the Protective Factors Framework

By incorporating the Protective Factors framework, these gifts are not only thoughtful but help build a family's capacity to thrive, enhancing resilience, social connections, and emotional well-being.

**1 ENCOURAGEMENT.** Parenting can be overwhelming, but having a supportive network makes all the difference. Offering positive reinforcement, recognizing efforts, and showing belief in a parent's abilities fosters resilience and builds **Parental Resilience**.

**2 HANDS.** Lending a helping hand can take on many forms—whether it's offering a home-cooked meal, providing childcare, or assisting with transportation. These acts show a commitment to **Social Connections**, helping families feel less isolated.

**3 GROCERIES.** Providing groceries can relieve the financial burden many families face. By addressing basic needs, this gift helps families strengthen their **Concrete Supports in Times of Need**, ensuring their immediate necessities are met.

**4 DIAPERS.** A case of diapers can make all the difference for parents with infants. Supporting their physical needs reduces stress, allowing families to focus on **Social-Emotional Competence of Children**, ensuring the child's well-being and emotional development are prioritized.

**5 CONNECTION.** Everyone needs a support system. Offering a listening ear, sending a thoughtful text, or making a phone call strengthens **Social Connections**. When caregivers feel connected, they are more equipped to handle challenges and pass along these skills to their children.

**6 COMMUNITY.** Families often aren't aware of the resources available to them in their community. By introducing them to local support networks, like parenting groups or Family Resource Centers, you're helping strengthen **Knowledge of Parenting and Child Development**, promoting informed decision-making and empowerment.

**7 SUPPORT.** Every family deserves to have their needs met. Offering a donation of food, clothing, or providing transportation helps ensure **CONCRETE SUPPORTS IN TIMES OF NEED**, making it easier for families to stay on track during difficult times.

**8 FUN.** Arranging time for parents or caregivers to relax and recharge strengthens **Social-Emotional Competence of Children** by helping parents model self-care and stress management. This allows caregivers to return to their role feeling restored and more able to meet their children's emotional needs.

**9 VOICE.** Be an advocate for families in your community. Stand up for those who might not have a voice, sharing knowledge of available resources and speaking out on behalf of families. This promotes **Parental Resilience** and empowers families to advocate for themselves.

**10 HOPE.** Lastly, offering hope—whether through words, deeds, or presence—helps families believe in brighter days ahead. This is a fundamental part of **Parental Resilience**, reminding families that challenges are temporary, and with support, they can navigate any situation.



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