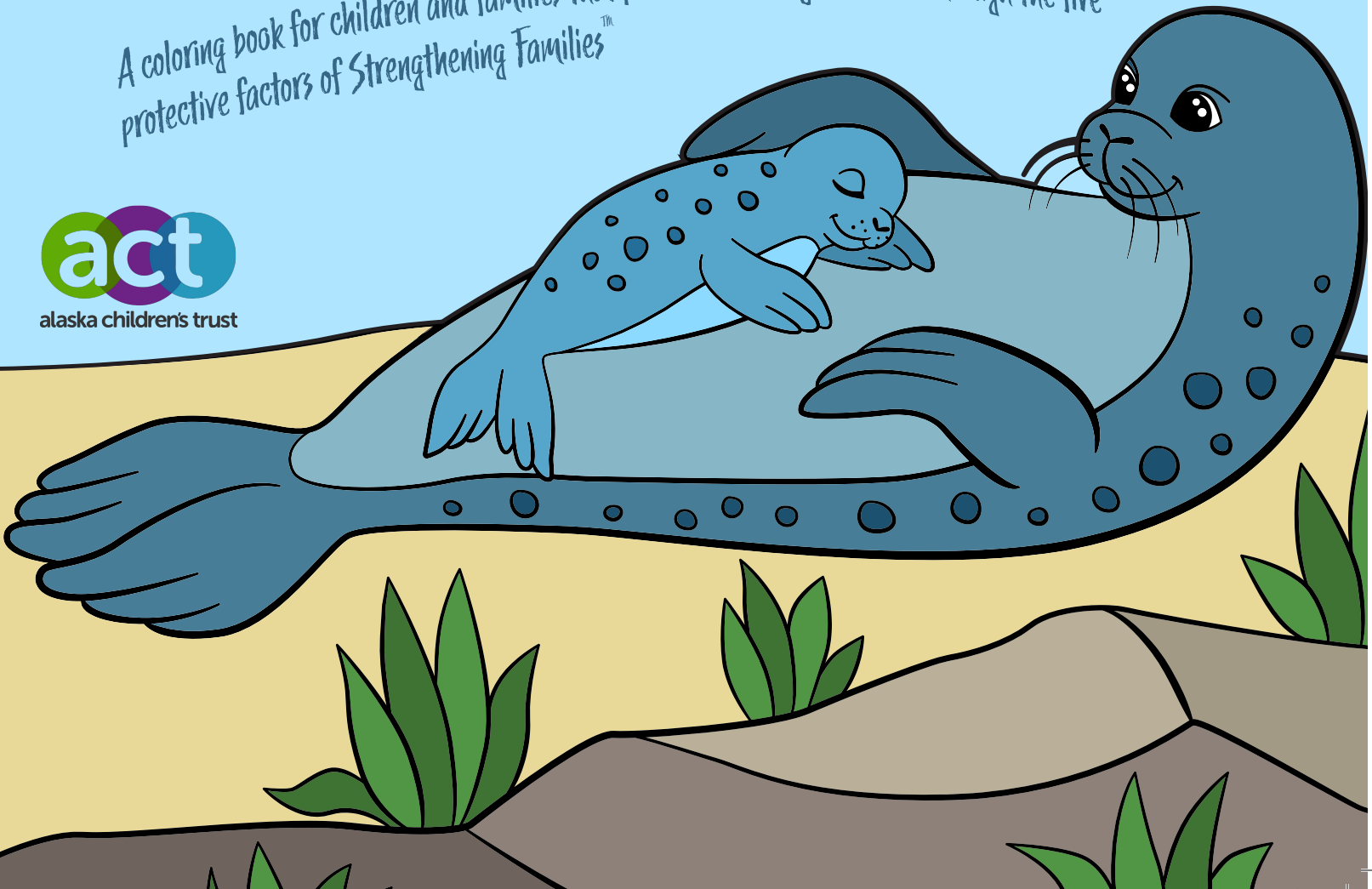


# Strong Families, Strong Alaska

*A coloring book for children and families that promotes healthy outcomes through the five protective factors of Strengthening Families™*



**Strengthening Families**™ is a framework and research informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities in building five key protective factors. For more information contact The Center for the Study of Social Policy, [cssp.org](http://cssp.org) and [strengtheningfamilies.alaska.gov](http://strengtheningfamilies.alaska.gov).

# Strong Families, Strong Alaska

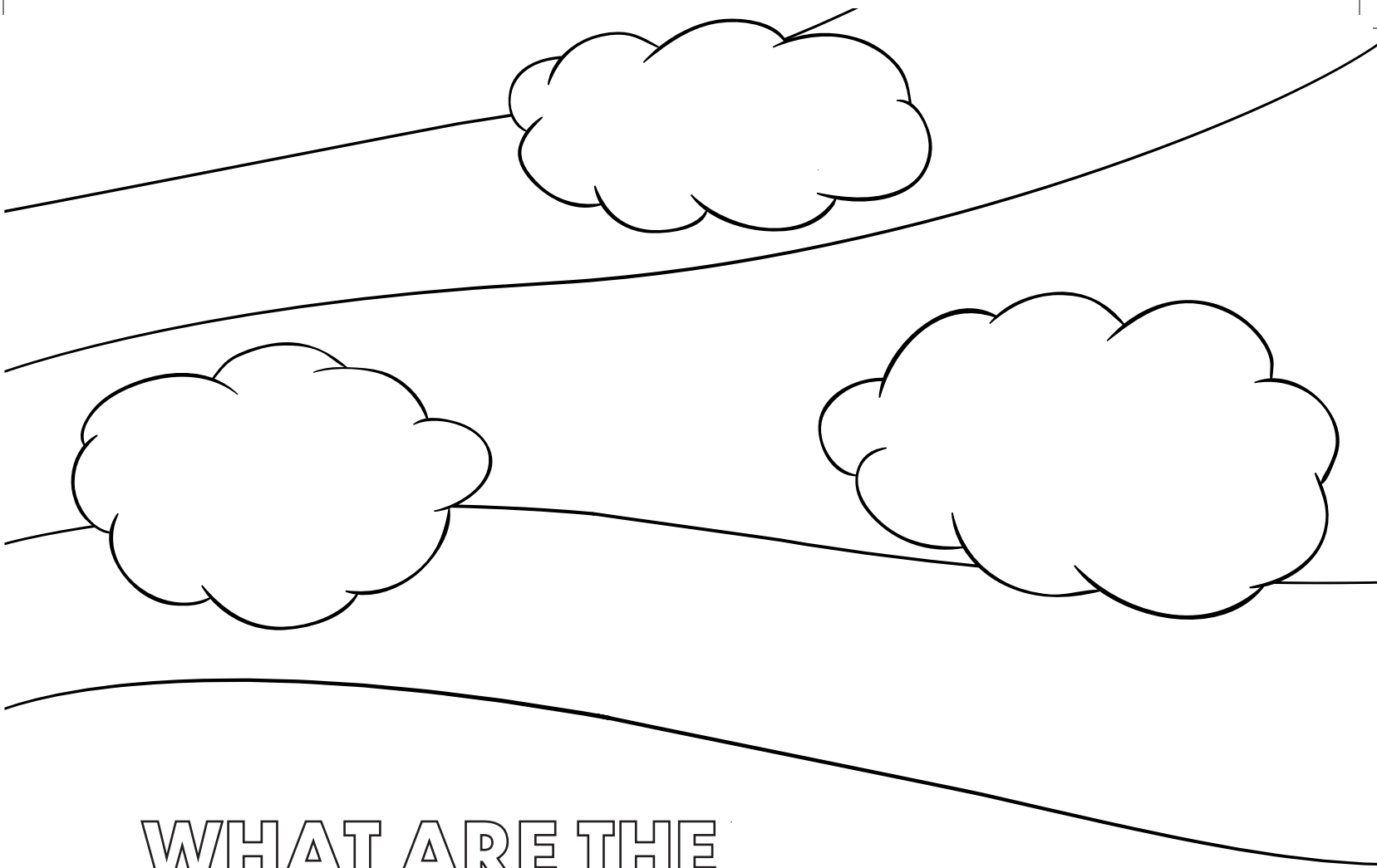
*A coloring book for children and families that promotes healthy outcomes through the  
five protective factors of Strengthening Families™*



**alaska children's trust**

Together we can prevent child abuse and neglect






# WHAT ARE THE STRENGTHENING FAMILIES™ PROTECTIVE FACTORS?

Families thrive when protective factors are robust in their lives and communities. To promote these protective factors, Alaska Children's Trust endorses the Strengthening Families™ approach. The five protective factors are:

- 1** Parental Resilience
- 2** Social Connections
- 3** Knowledge of Parenting and Child Development
- 4** Concrete Support in Times of Need
- 5** Social and Emotional Competence of Children

Learn more specifics and techniques to strengthen your family at  
[alaskachildrenstrust.org/strengthening-families](http://alaskachildrenstrust.org/strengthening-families)

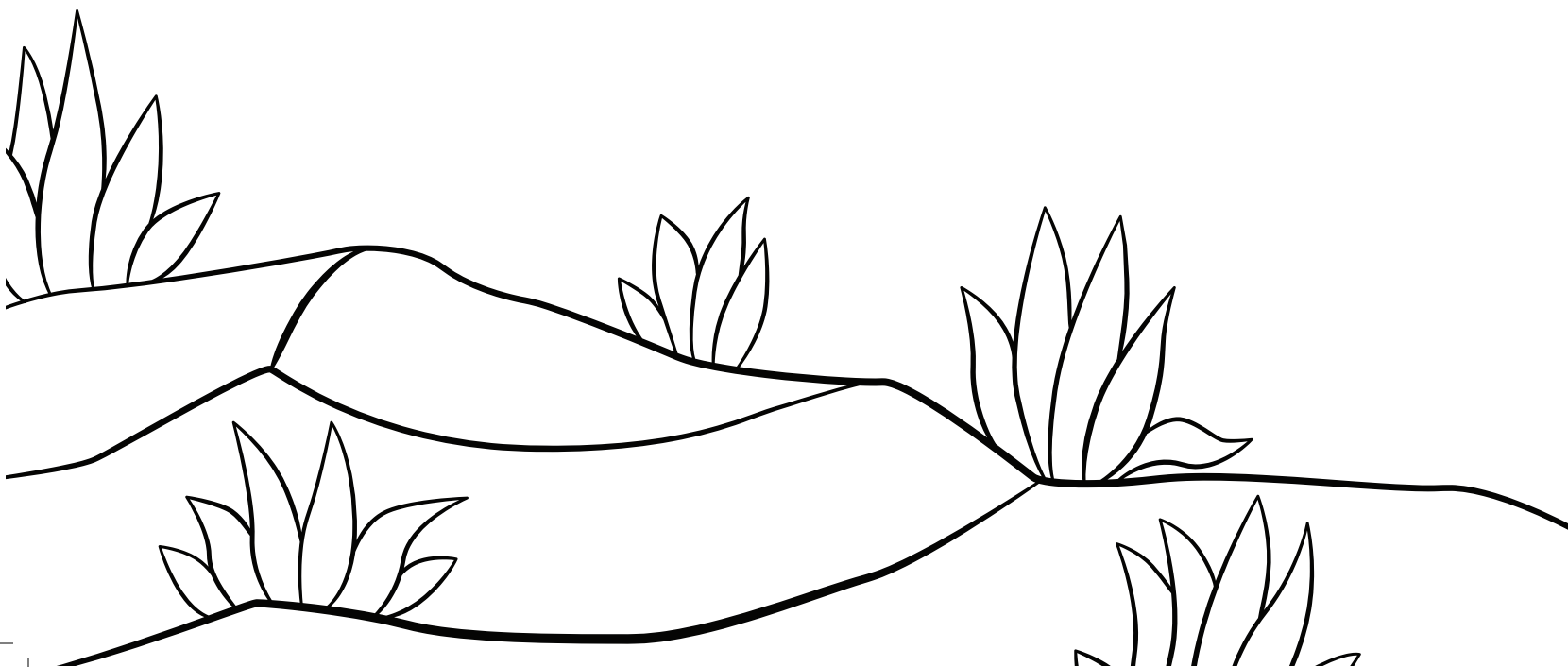


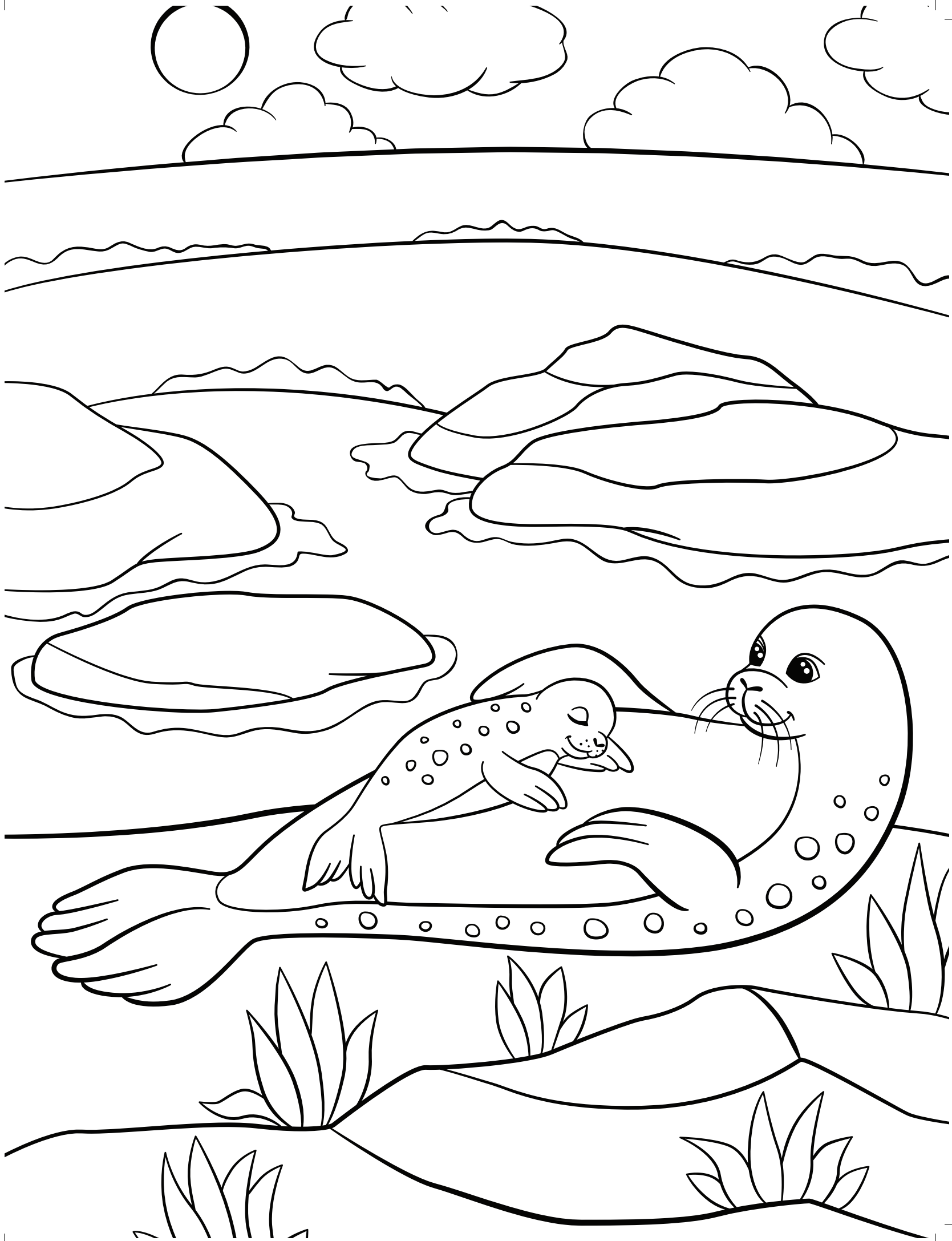


*Protective Factor One*

# PARENTAL RESILIENCE

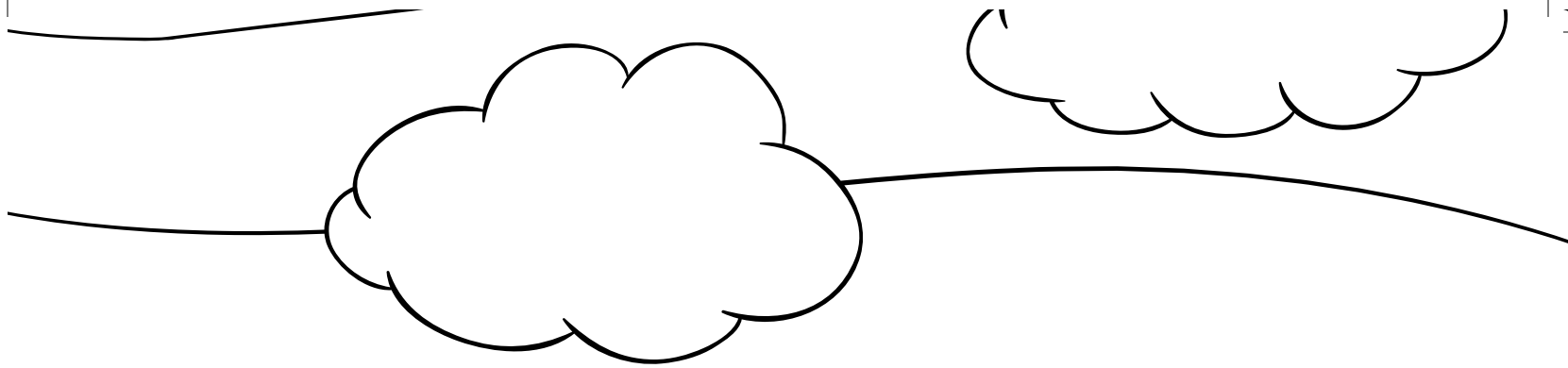
No one can eliminate stress from parenting, but a parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family's life. It means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.







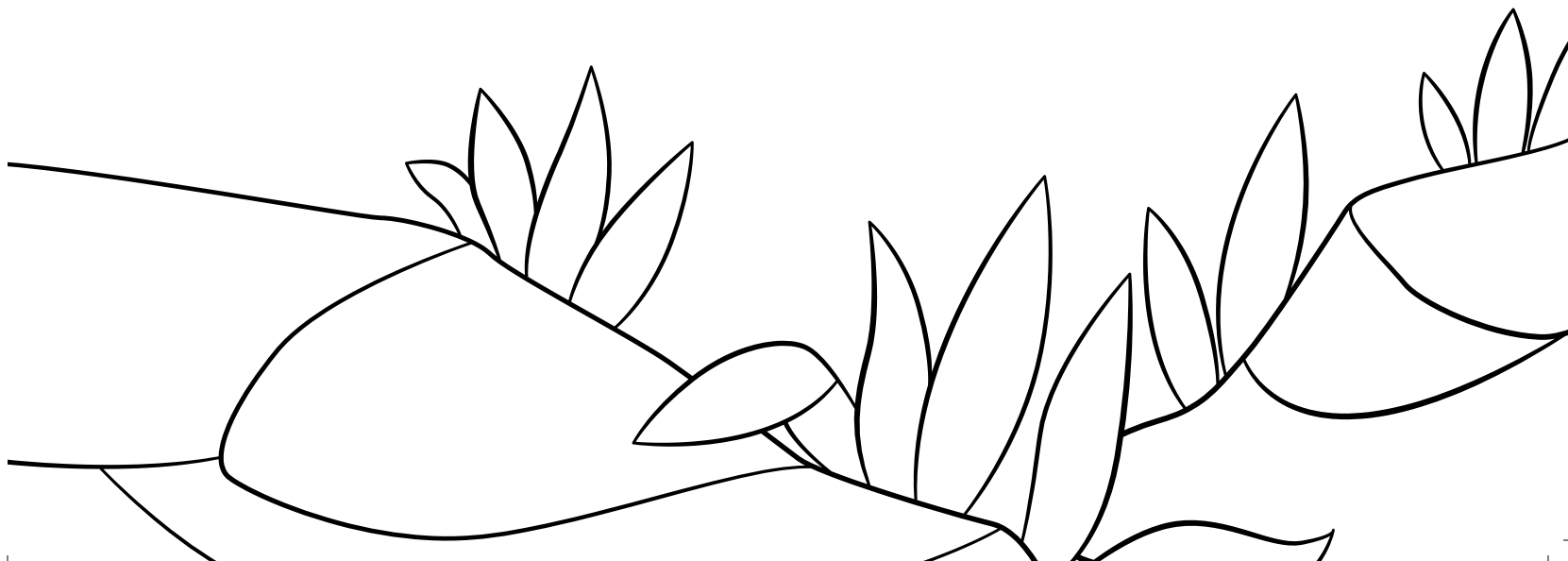


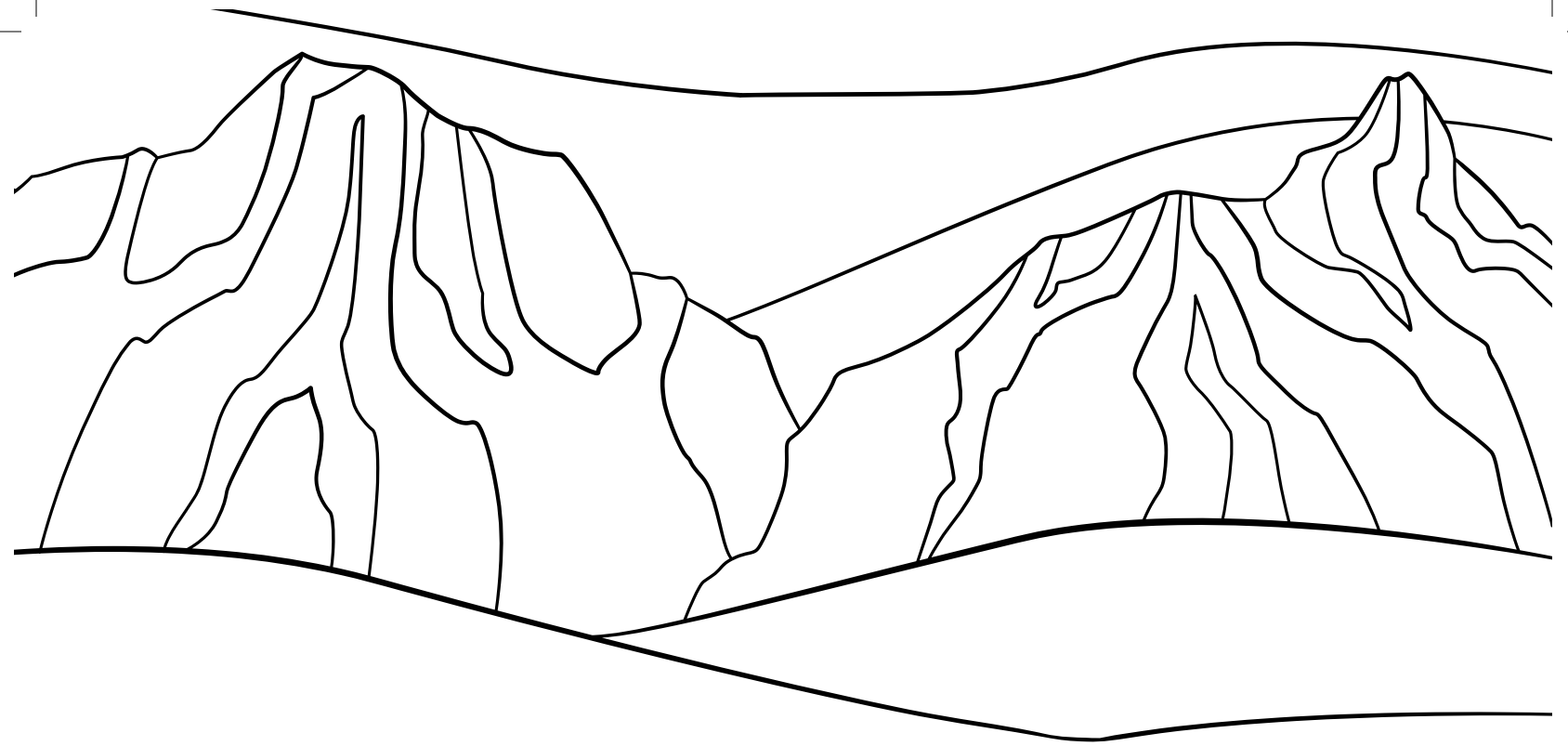


*Protective Factor Two*

# SOCIAL CONNECTIONS

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and also offer opportunities for people to “give back,” an important part of self-esteem as well as a benefit for the community. Isolated families may need extra help in reaching out to build positive relationships.

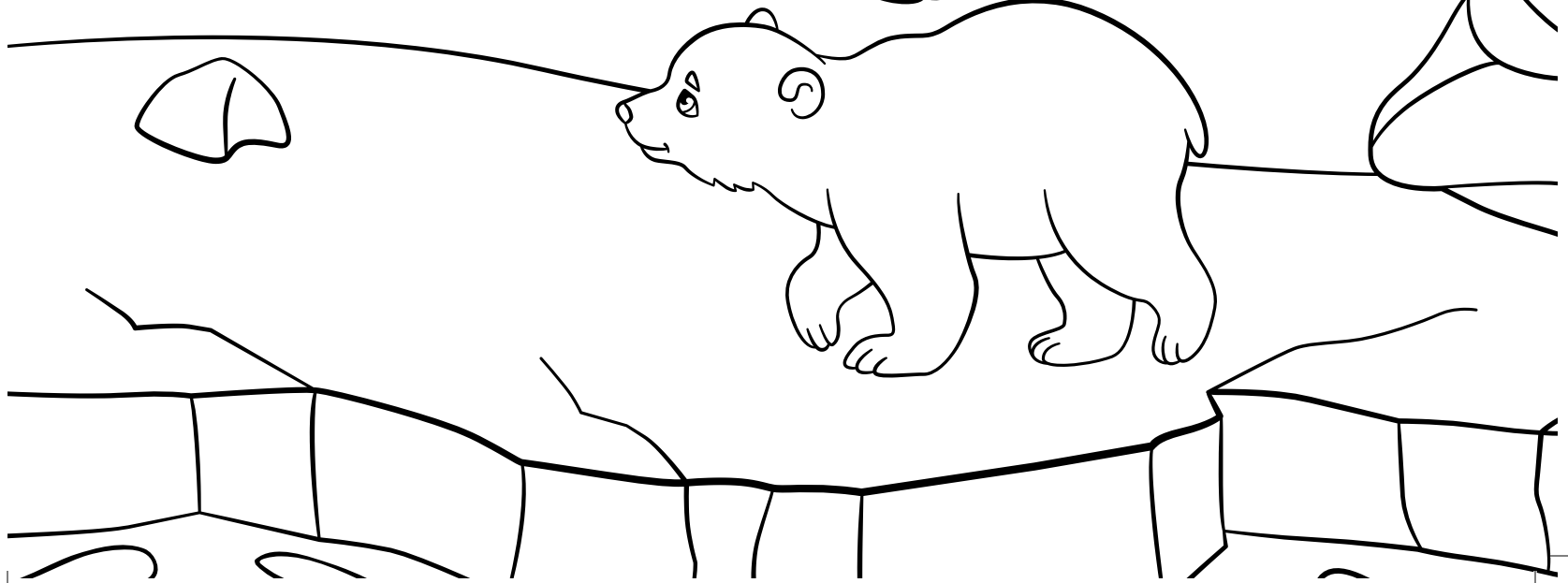
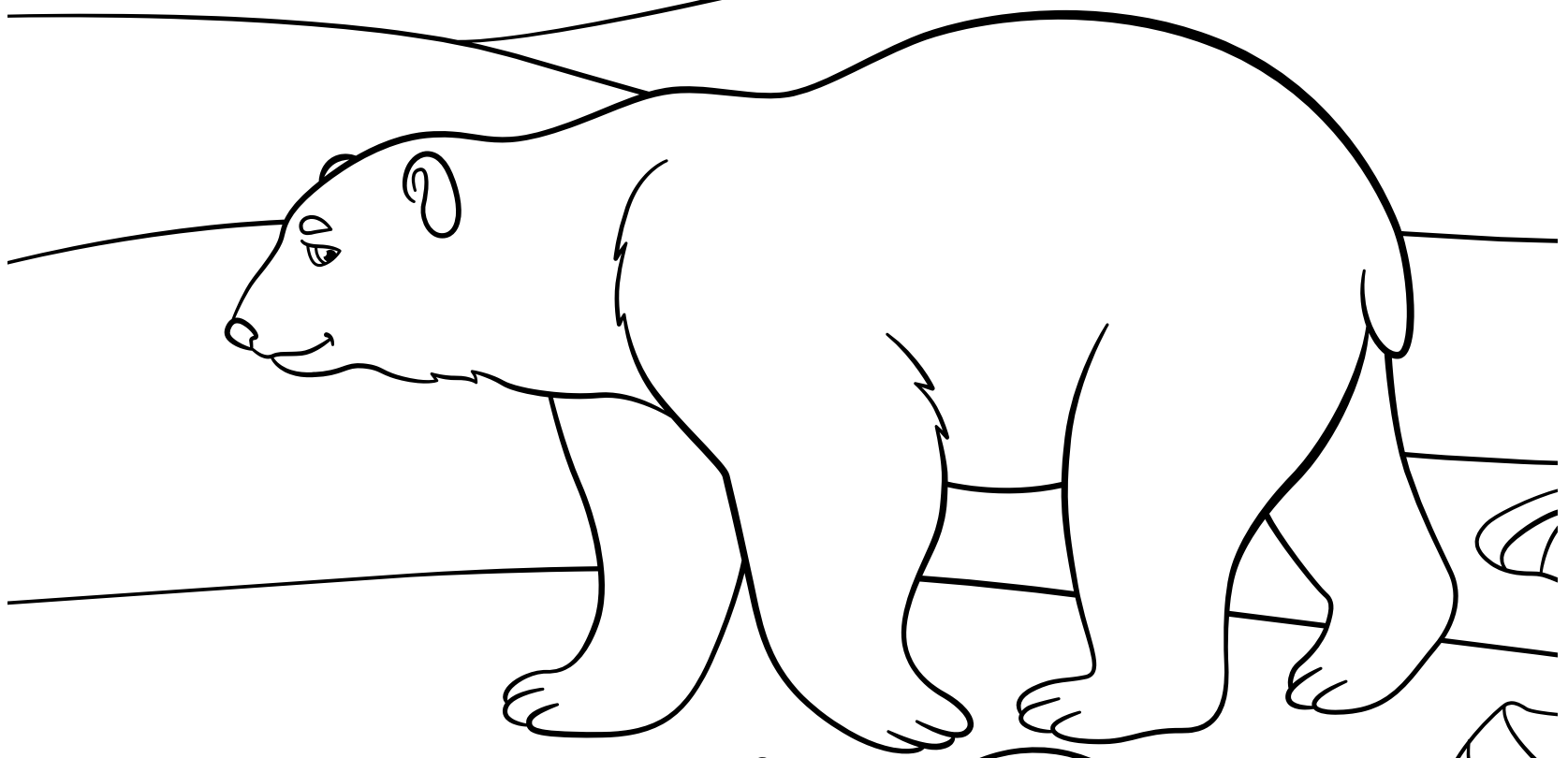
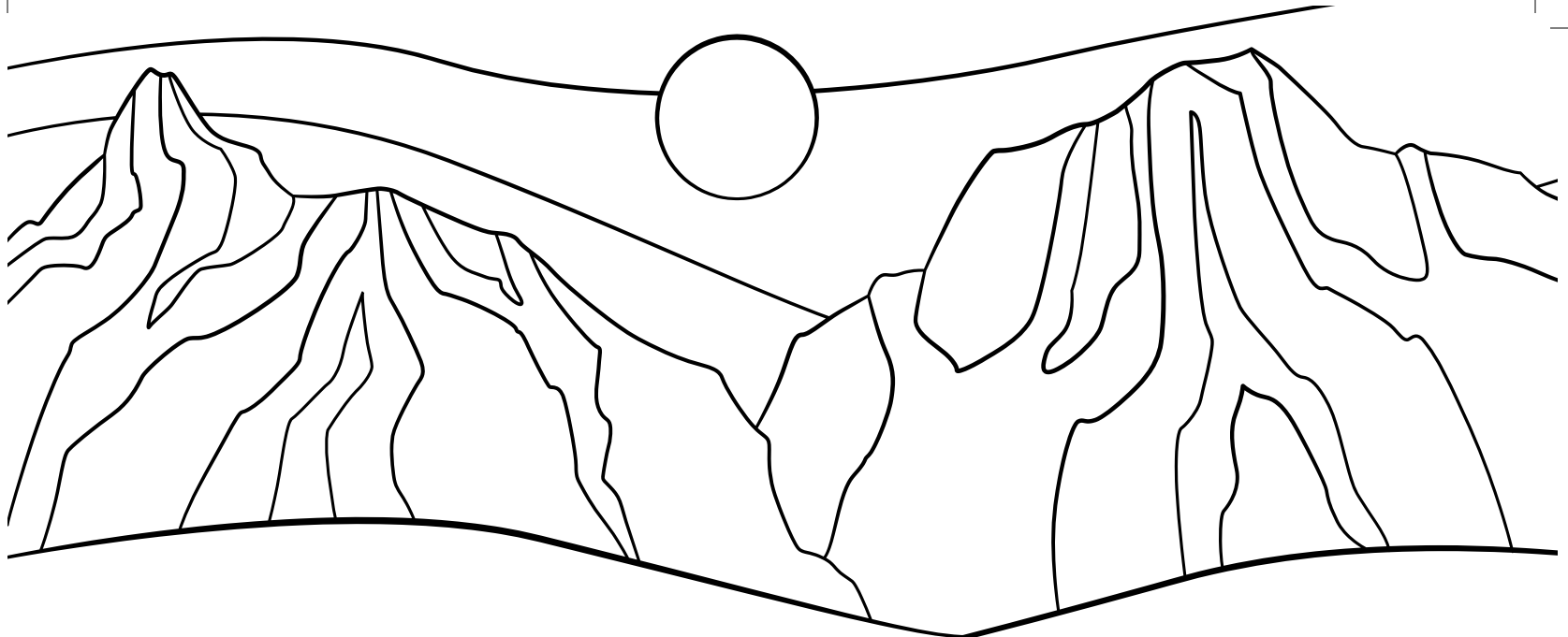


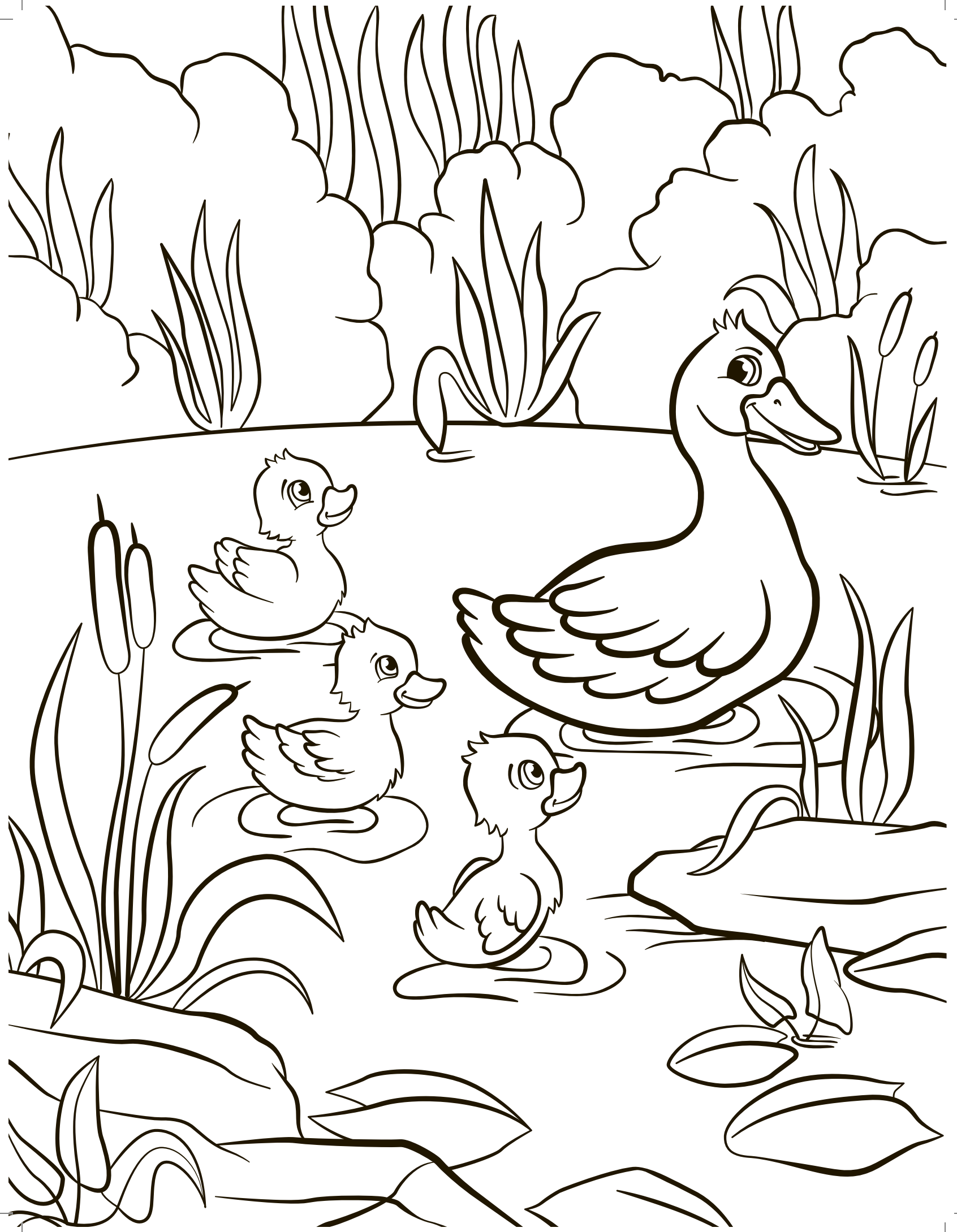


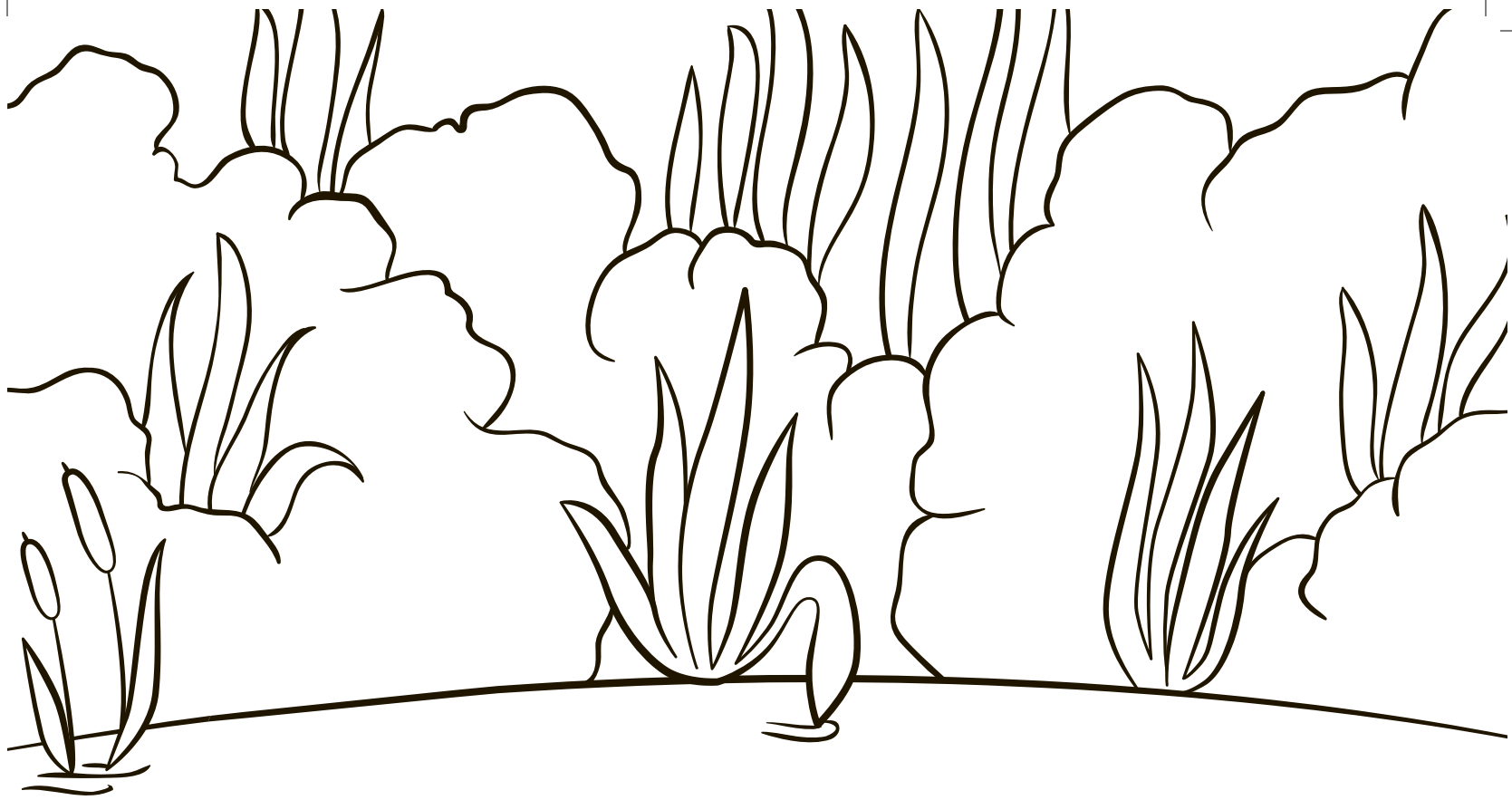
### *Protective Factor Three*

# KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and surfing the internet. Studies show information is most effective when it comes at the precise time parents need it to understand their own children. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.



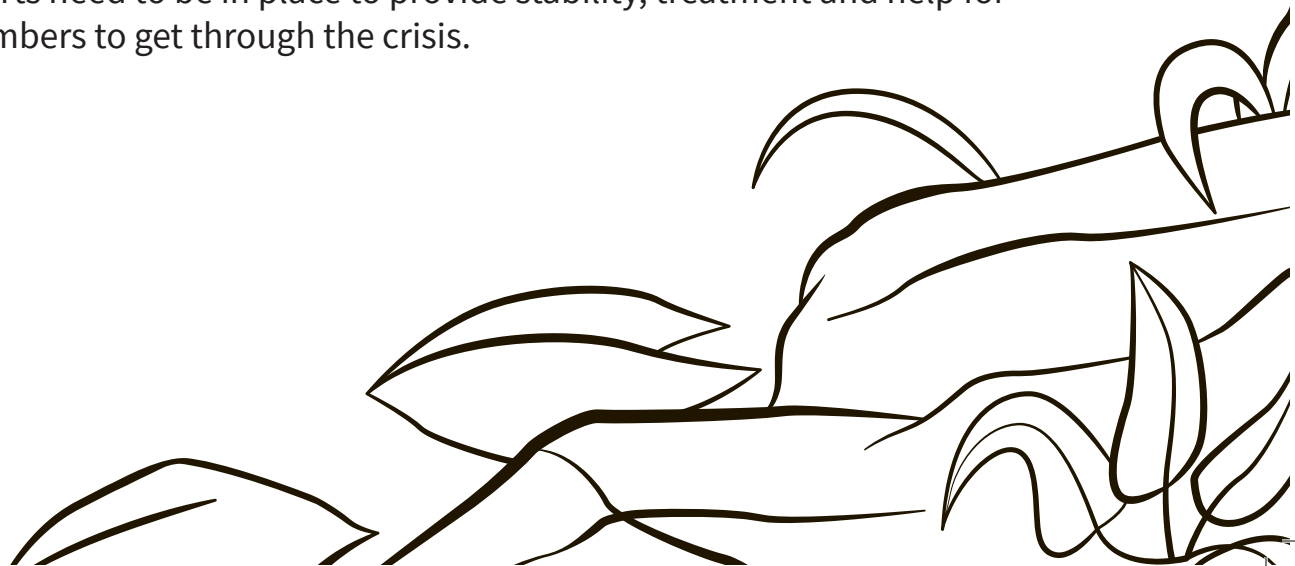




## *Protective Factor Four*

# CONCRETE SUPPORT IN TIMES OF NEED

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.






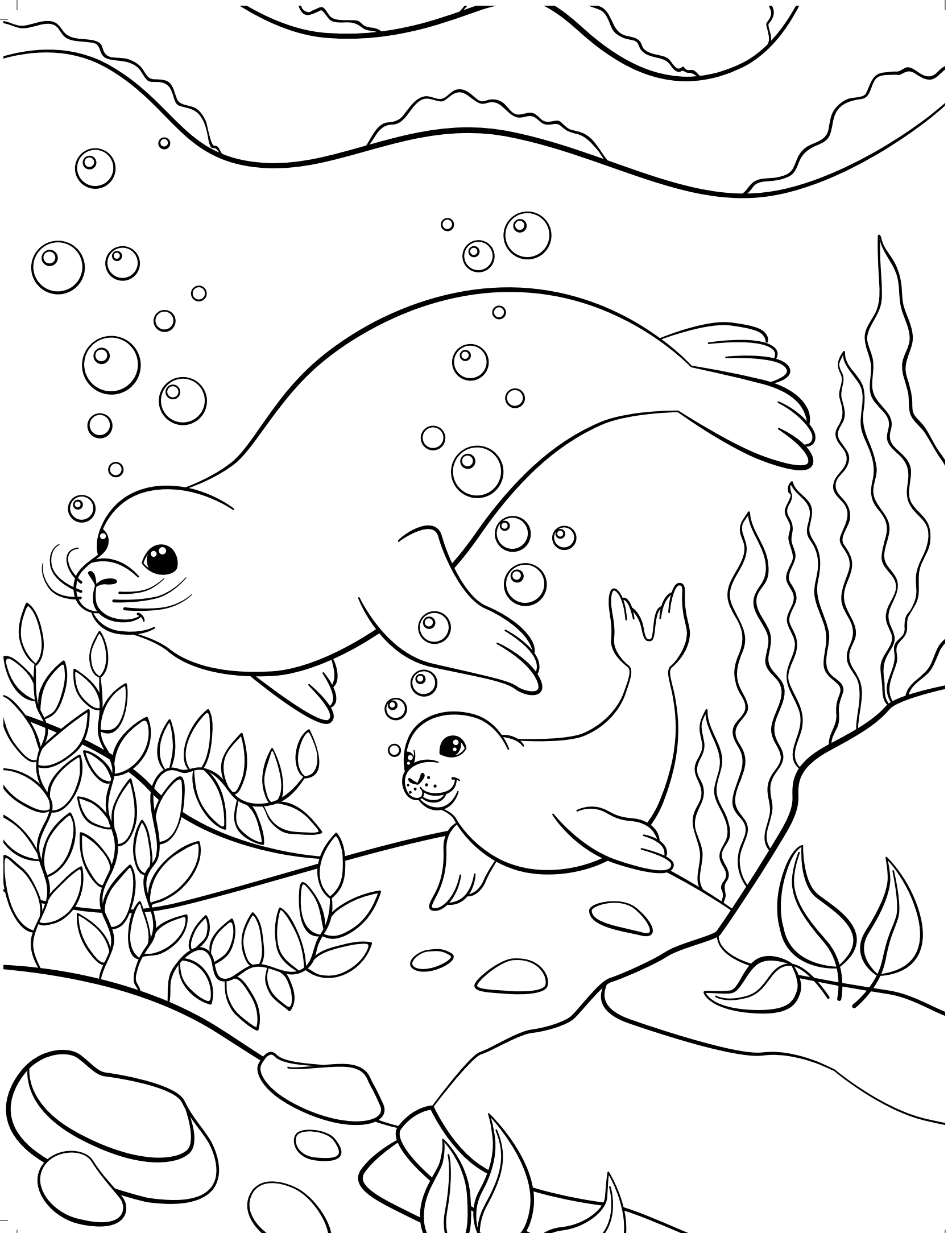
*Protective Factor Five*

# SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

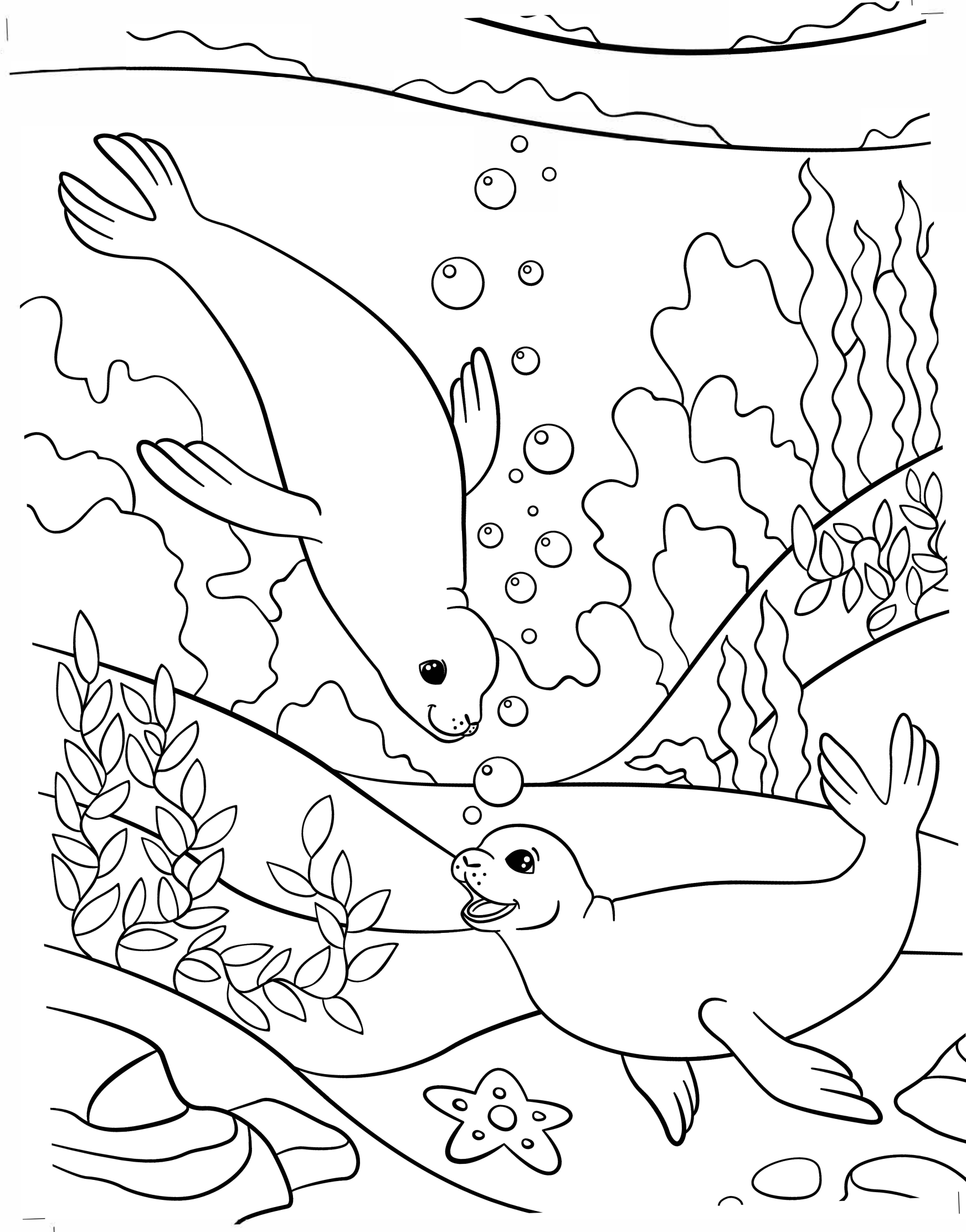
A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.











# Resources

Learn more specifics and techniques to strengthen your family at [alaskachildrenstrust.org/strengthening-families](http://alaskachildrenstrust.org/strengthening-families)

**Strengthening Families** is a proven, cost-effective approach to building Protective Factors around children by supporting family strengths and resiliency.

 [facebook.com/StrengtheningFamiliesAlaska](https://facebook.com/StrengtheningFamiliesAlaska)



 [helpmegrowak.org](http://helpmegrowak.org)

**Help Me Grow Alaska** offers resources and support for all of Alaska's children and their families through personalized care coordination services. Your call will be answered by a family support specialist who will listen to your concerns, help you organize a path forward, and get you connected to the most available and appropriate services and resources in your area of Alaska.



**Alaska 2-1-1** is a free, confidential and multi-lingual service available throughout Alaska. Callers can receive information and be referred to resources such as supplemental food and nutrition programs, shelter and housing options, employment and education opportunities, health care information, and more.

Information can be accessed at any time of day at [Alaska211.org](http://Alaska211.org) or by dialing 2-1-1 between the hours of 8:30 a.m. to 5:30 p.m. Callers who leave a message outside of those hours will receive a call the following day.



**alaska children's trust**

 [alaskachildrenstrust.org](http://alaskachildrenstrust.org)

**Alaska Children's Trust's** goal is to ensure all Alaskan children grow up in a family and community that provides them with all the tools and resources necessary to make their dreams come true. Our statewide mission is to prevent child abuse and neglect. View parenting resources and learn about issues at our website.



*alaskachildrenstrust.org*





**alaska children's trust**

Together we can prevent child abuse and neglect

*[alaskachildrenstrust.org](http://alaskachildrenstrust.org)*



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