

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**
because you are your child's
1st teacher!



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.



Your Ring Finger stands for
Parental Resilience
because your first commitment
must be to yourself in order
to be strong for others.



Your Pinky Finger signifies
**Concrete Support
in Times of Need**
because it is the smallest
finger and reminds us that we
all need help sometimes.



Strengthening families

