



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECTIVE FACTORS

RESOURCE DOCUMENT

FOR FAMILIES WITH CHILDREN AGES 0 -5

YMCA CHILDCARE RESOURCE SERVICE

 <p>CAREGIVER RESILIENCE</p>	 <p>SOCIAL CONNECTIONS</p>	 <p>KNOWLEDGE OF CHILD DEVELOPMENT</p>	 <p>SOCIAL & EMOTIONAL COMPETENCE</p>	 <p>CONCRETE SUPPORT IN TIMES OF NEED</p>
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IN PARTNERSHIP WITH:



The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

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Disclaimer: The resources within this document are intended to support families and caregivers during the COVID-19 crisis. This document is not an endorsement of any particular entity, nor does it necessarily reflect or mirror the mission and vision of any one organization.

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Families may face new challenges as communities around the world respond to COVID-19. Caregivers may face more anxiety, uncertainty, economic pressure, or demands on their time. This stress can impact the harmony of the home, but it doesn't have to. Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. The five key protective factors (listed below) are attributes that serve as buffers, helping caregivers find resources, support, or coping strategies that allow them to care for children effectively, even under stress and adversity.



SOCIAL CONNECTIONS:

POSITIVE RELATIONSHIPS THAT PROVIDE EMOTIONAL, INFORMATIONAL, AND SPIRITUAL SUPPORT.

With “social distancing” guidelines, it is easy to feel isolated and overwhelmed. Being physically apart is necessary, and staying connected is more important than ever. This is true for children who are now also trying to adapt to a new virtual way of connecting. Kids may be missing their friends, teachers and other important figures, and perhaps this is coming out in various behaviors. Finding the people who can support you in these times might take some creativity, but the benefits are never-ending. Protecting your families and yourself is not something you are expected to do alone; we all need our social connections!



HERE ARE A FEW STRATEGIES YOU CAN IMPLEMENT TODAY:

- **High Five!**
 - On a piece of paper trace your hand (or trace on your hand with your finger if you don't have access to paper and pen)
 - On your thumb, write the name of the last adult that gave you a thumbs up
 - On your pointer/index finger, write the name of an adult that you point to as a symbol of strength currently.
 - On your middle finger, write the name of an adult who has helped you through moments that weren't your best
 - On your ring finger write the name of an adult who has partnered with you on a project
 - On your pinky finger write the name of person who has kept a promise to you
 - Find the email or phone number of person and write it on next to their name
 - Make a goal to reach out to at least one of these people in the next five days.
- **Make Space: Take Space**
 - Call/text/FaceTime/e-mail one person who you want to make some space for. Maybe you know they are struggling currently, have lots on their plate or you just haven't heard from them in a while.
 - After that call, Call/text/face-time/e-mail one person that can you can take some space with and share your biggest worry or fear.
 - Where do I start? Sometimes one of the bravest things we can do is call someone to say, "Hey, I am struggling" or "Hey, I am worried about you". Below are some ways to start this conversation. You might be surprised how good you feel afterwards
 - My gosh, this time has been really hard on me. I would love to hear how you are coping with it?
 - What an intense time this has been recently. I am curious what you are doing to take care of yourself in all of it?
 - All of this Coronavirus stuff is overwhelming; do you have a funny story you can share with me?
 - Let's do something kind of goofy. Can you tell me the high point of your day and then the low point of your day and then I will do the same?
 - Want to hear how I totally rocked as a parent today? I am also going to tell you my biggest parent fail. Do you want to share yours?

ADDITIONAL RESOURCES AND TOOLS (COVID SPECIFIC):

- Join a Parent Café online using zoom
 - [Be Strong Families](#)
 - [YMCA CRS Virtual Conversation Cafés](#)

ADDITIONAL RESOURCES AND TOOLS (GENERAL):

- Using Technology to Stay Connected
 - [Netflix Party](#)
 - Zoom: [Free Video Conferencing Software](#)
- [Parent Partnership Resources from the Children's Trust and Prevention](#)