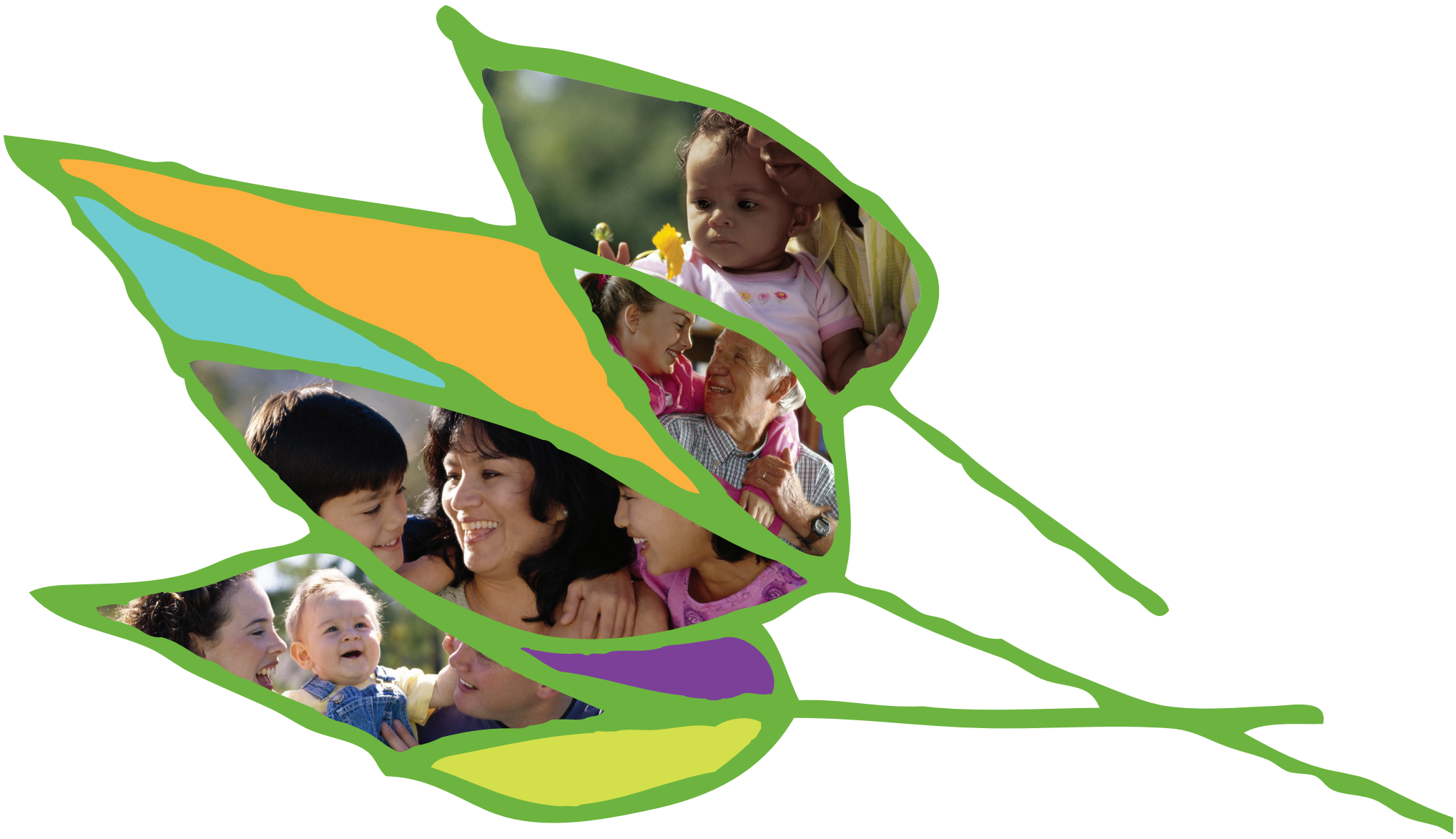


Promote Healthy Families in Your Community

What You Can Do

Protective factors increase the safety and well-being of children and families:

- Nurturing and Attachment—Encourage parents to play and talk with their children.
- Knowledge of Parenting and of Child and Youth Development—Talk about what parents can anticipate at different ages.
- Parental Resilience—Offer healthy ways to cope with stress.
- Social Connections—Connect caregivers with others for support.
- Concrete Supports—Help families access needed resources.

Protecting Children • Promoting Healthy Families • Preserving Communities

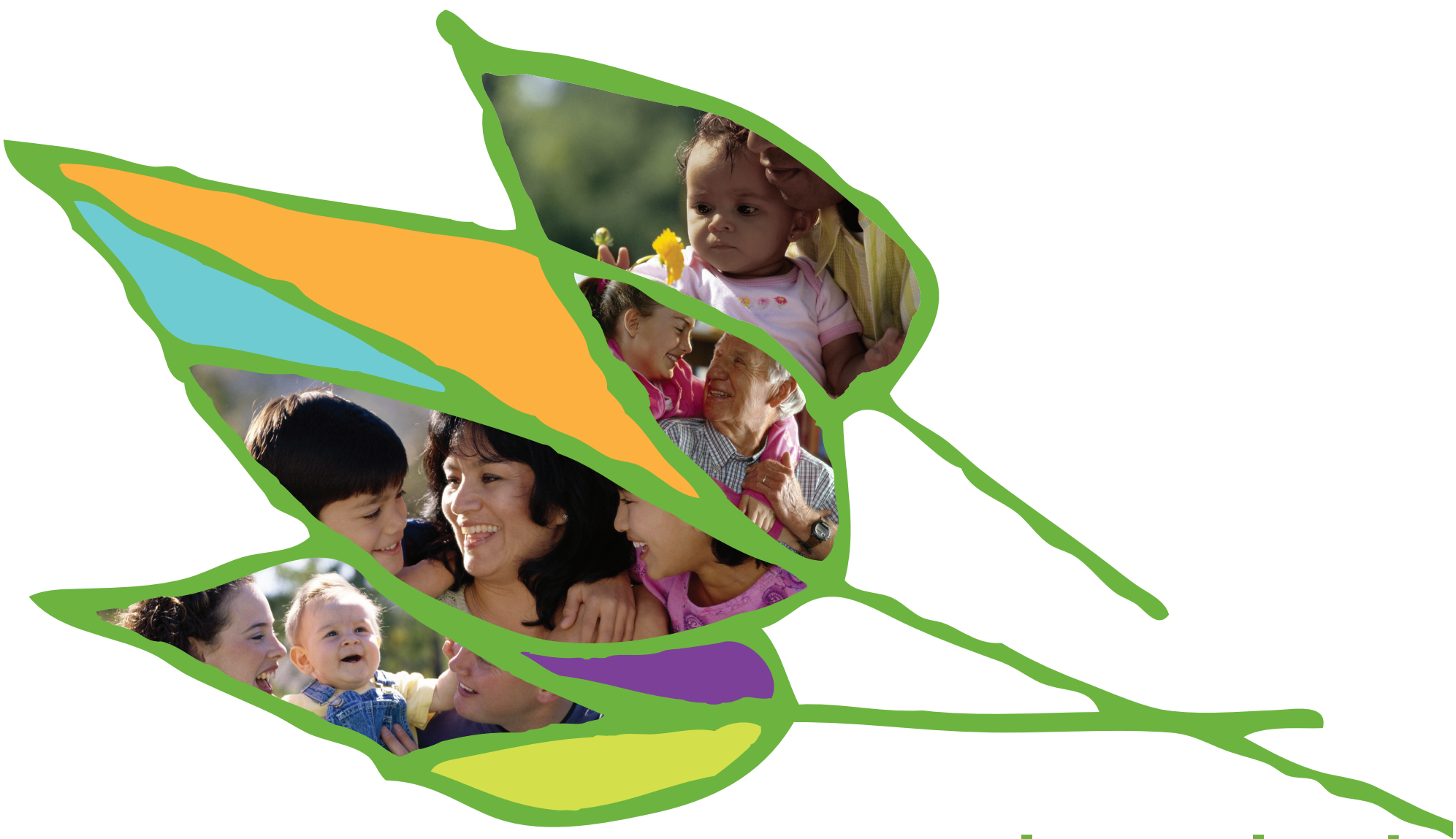
Find out more!

Visit the Prevention section of the Child Welfare Information Gateway website at **www.childwelfare.gov/preventing**

FRIENDS National Resource Center for Community-Based Child Abuse Prevention
800 Eastowne Drive, Suite 105 Chapel Hill, NC 27514
919.490.5577
www.friendsnrc.org

A Service of the Children's Bureau/ACYF
1250 Maryland Avenue, SW Eighth Floor Washington, DC 20024
703.385.7565 or 800.394.3366 Email: info@childwelfare.gov
www.childwelfare.gov

U.S. Department of Health and Human Services
Administration for Children and Families
Administration on Children, Youth and Families
Children's Bureau
www.acf.hhs.gov/programs/cb



Promueva la salud familiar en su comunidad

Lo que usted puede hacer

Los factores de protección contribuyen al bienestar y a la seguridad de los niños y las familias:

- El cariño y la cercanía—Anime a los padres para que hablen y jueguen con sus hijos.
- Saber ser padre o madre y sobre el desarrollo del niño y la juventud—Hable de las cosas que los padres pueden anticipar a las diferentes edades.
- Cómo sobrevivir el estrés—Sugiera maneras saludables de enfrentarse al estrés.
- Conexiones sociales—Establezca vínculos entre los proveedores de cuidado y otras personas para que reciban apoyo.
- Apoyos concretos—Ayude a las familias a acceder a los recursos que necesitan.

Protegiendo a los niños • Promoviendo la salud familiar • Apoyando a las comunidades

¡Aprenda más!

Visite la sección *En Español* en la página de Internet del Child Welfare Information Gateway:
www.childwelfare.gov/espanol/

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