



# Strengthening Families



Strengthening Families is a national initiative to reduce the incidence of child maltreatment. The Strengthening Families approach helps build five protective factors for families.

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support
- Information regarding a child's social and emotional development

Research shows that these factors reduce the incidence of child abuse and neglect by providing parents with what they need to parent effectively, even under stress. By building relationships with families, programs can recognize signs of stress and build families' Protective Factors with timely, effective help.

## Better Beginnings and Strengthening Families

- BB Levels 2-6: Participate in a Strengthening Families training that is listed on PDR. Include the month and year completed on the **Staff Training Record** form to upload with your application.
- BB Levels 3 and 4: Complete the **Strengthening Families self-assessment** for at least three strategies, including the action plan with action steps. Implement at least one action step. Save the **self-assessment** and the **Strengthening Families form** to upload with your application.

To learn more about the Strengthening Families Initiative go here:

<https://engageourfamilies.com/participants/strengthening-families>

To find Strengthening Families training for Level 2, search for "**Intro to the Strengthening Families Protective Factors**" on PDR.

To access the Strengthening Families \*self-assessment and action plan template for Levels 3 and 4, go here: <https://engageourfamilies.com/participants/strengthening-families>

\*The 6-hour Strengthening Families Director's Seminar includes completing the self-assessment and writing action plans.