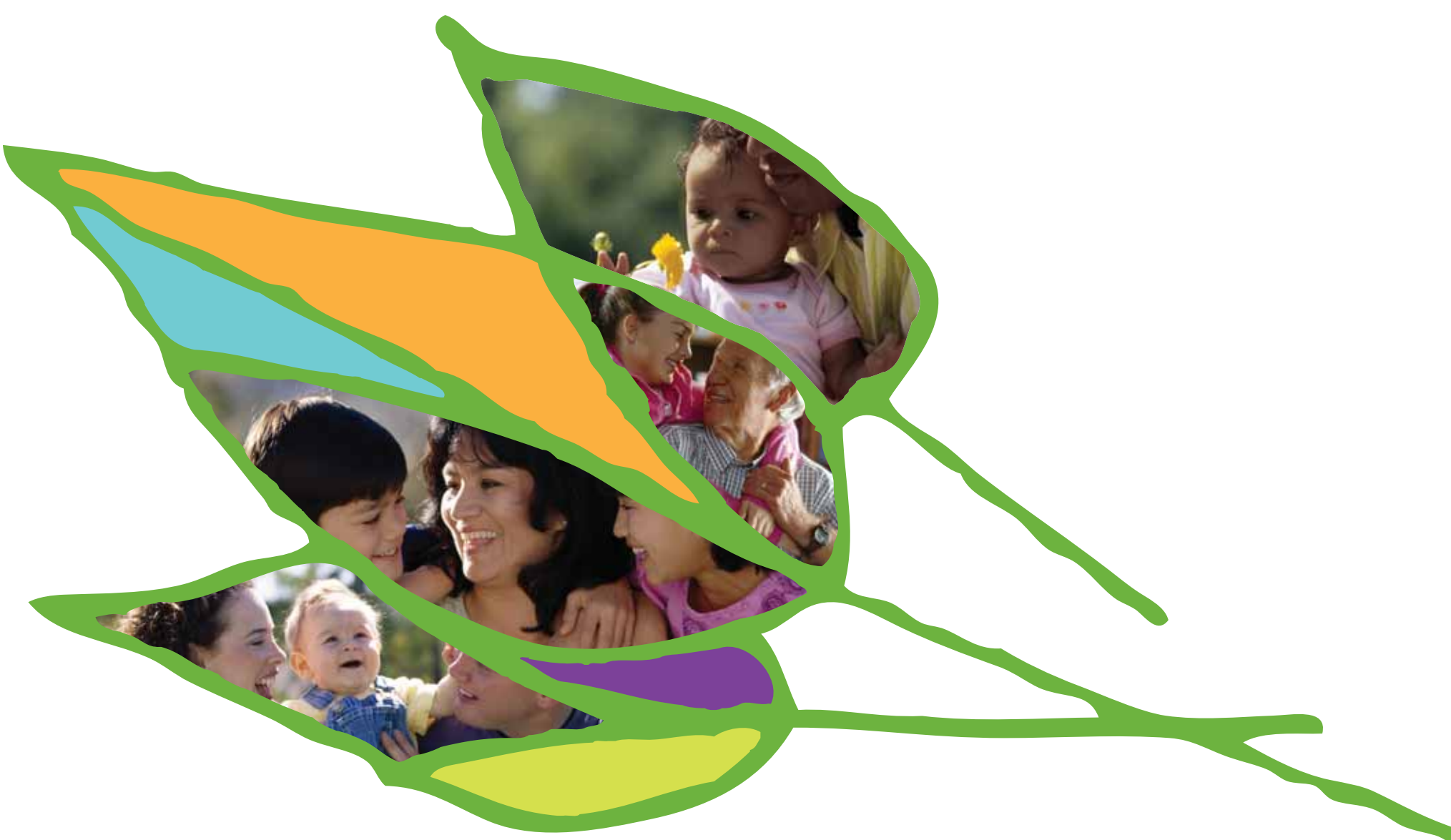




Promote Healthy Families in Your Community

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



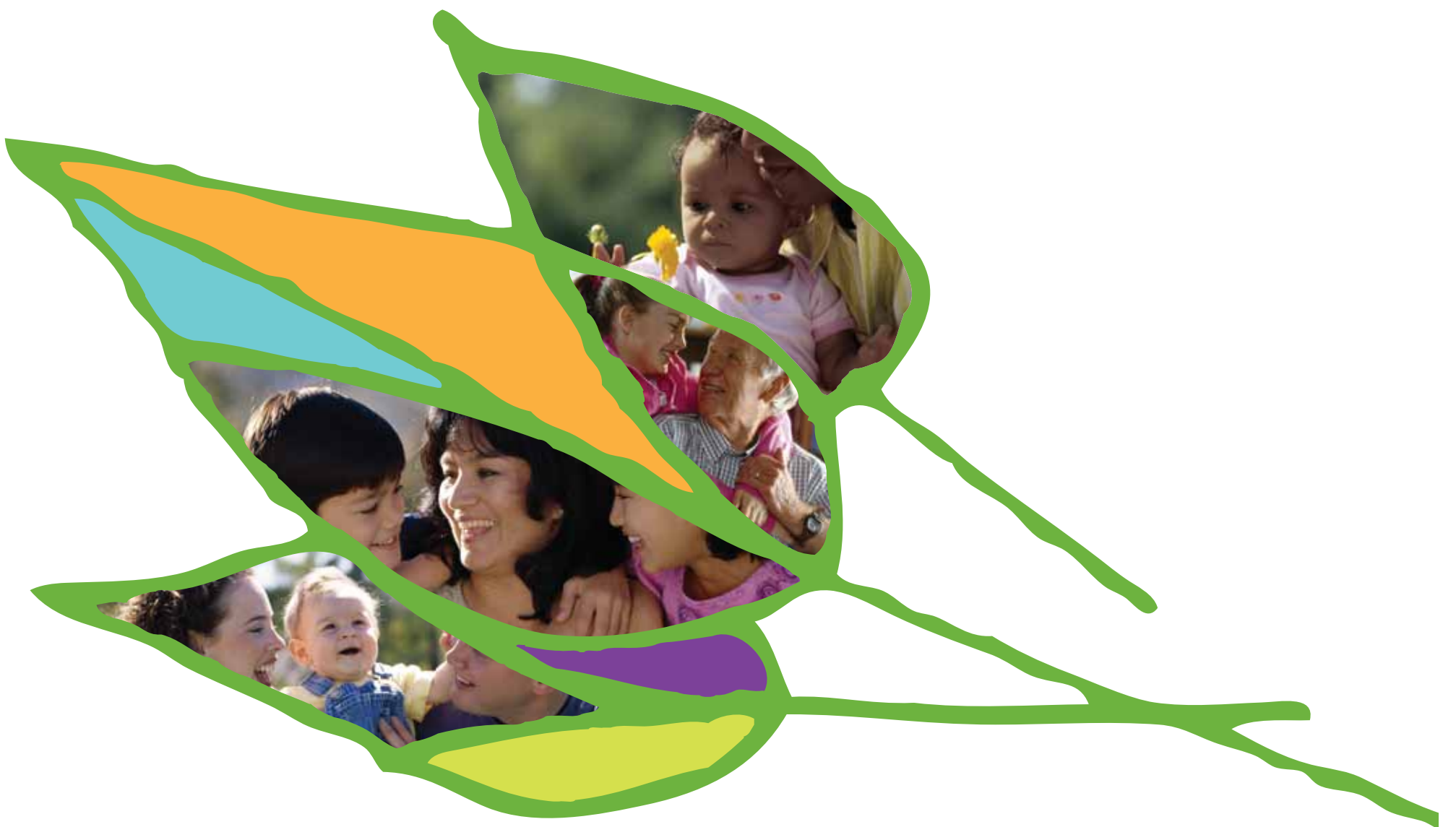
FRIENDS National Resource Center for Community-Based
Child Abuse Prevention
800 Eastowne Drive, Suite 105 Chapel Hill, NC 27514
919.490.5577
www.friendsnrc.org



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



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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