

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 Pinky Finger signifies Concrete Support in Times of Need

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents Knowledge of Parenting and Child Development

because you are your child's
1st teacher!

Your Ring Finger stands for Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



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