DCF- 3011WS
03/12 (New)

State of Connecticut
Department of Children and Families

FAMILY PROTECTIVE FACTORS WORKSHEET

Name: _____   **Assessment Date:** ___/_____/_____

Worker: _____

We want to help you and your family. You know what makes your family strong and what you need to keep it strong, safe and healthy. We would like to talk with you about how your family is doing now because this will help us help you.

When you think about your family, what are you most proud of?

These areas have been shown to improve the health and well-being of families:

Nurturing and Attachment: Having a strong bond with your child/children
How much time are you able to spend with your child/children?
What do you like to do with your child/children?
How do you know what your child/children is feeling?
What do you do when your child/children does something great?

Discussion:

Knowledge of Parenting - Child and Youth Development: Being knowledgeable about parenting
We want to hear about your child/children.
        Think about:
- What your child/children does best
- What you like about your child/children
- How he/she is doing in school
- How does he/she behave?
- Are there things that worry you about your child/children?

What do you hope for your child/children as he or she grows up?

Discussion:

Parental Resilience: Knowing how to bounce back and seek help when needed
What helps you cope with everyday life?
What worries you?

What do you do when…?
- Someone gets sick
- You are stressed
- You run into money problems
- You have a conflict with your partner or child/children

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Social Connections: Developing a strong connection to the community
Do you have people who can help you? Who has helped you in the past? Do your children have people besides you who they can turn to for help?

> Think about:
> - Family
> - Neighbors
> - Community providers
> - People in church, school, or groups

Discussion:

Concrete Supports: Being able to meet the basic needs of your family
We will talk about:
- Childcare
- Housing
- Food
- Work or other financial support
- Health care
- Transportation

How have you handled these problems? Has this worked?
Are there local services that might be able to help?
Discussion:

How can we make things better?
Discussion: