

“Making Kentucky Strengthening Families Your Own” Action Plan

Name: _____

<p align="center">Kentucky Strengthening Families Protective Factors and Mission →</p>	<p><u>KYSF Mission;</u> Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.</p>	<p><u>Parental Resilience:</u> <i>Families bounce back.</i> Managing stress and getting through it when faced with challenges, adversity and trauma</p>	<p><u>Social Connections:</u> <i>Families have friends they can count on.</i> Having positive relationships that provide emotional, informational and spiritual support</p>	<p><u>Knowledge of Child Development:</u> <i>Families learn how their children grow and develop.</i> Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development</p>	<p><u>Concrete Support in Times of Need:</u> <i>Families get assistance to meet basic needs.</i> Access to resources that address a family's basic needs and minimize stress caused by challenges</p>	<p><u>Social and Emotional Competence of Children:</u> <i>Families teach children how to have healthy relationships.</i> Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions</p>	<p><u>Nurturing and Attachment:</u> <i>Families ensure children feel loved and safe.</i> A child's early experience of being nurtured and developing a bond with a caring adult</p>
<p>One Family Touch Point:</p>							
<p>Existing or new activities for the KYSF Mission overall and each Protective Factor →</p>							
<p>Family/Youth Driven and Strength-Based Modification for each activity →</p>							

KYSF SMART GOAL:

Supervisor Signature: _____