

# Parent Panel Worksheet

Use this handout to take notes during the parent panel and jot down questions you have for the panelists.

**Protective Factors mitigate risk and promote healthy development and well-being for all children and families. Everyone benefits when protective factors are built and bolstered.**

**Parental Resilience:** managing stress and functioning well— facilitated by individual, relational, community, or societal factors—when faced with stressors, adversity, or trauma.

---

---

---

**Social Connections:** healthy, meaningful, trusting, and sustained relationships with people, institutions, communities, or a higher power that promote a sense of connectedness, belonging, and mattering.

---

---

---

**Knowledge of Parenting and Child Development:** learning about prenatal, infant, and child development, and using developmentally and contextually appropriate parenting practices.

---

---

---

**Social and Emotional Competence of Children:** providing environments and experiences—grounded in early relational health— that build positive social skills; enable children to regulate thoughts, emotions, and behaviors; and promote effective communication, problem-solving, and decision-making skills.

---

---

---

**Concrete Support:** identifying, accessing, advocating for, and receiving high quality and equitable support including the basic necessities everyone deserves and specialized services to address specific needs.

---

---

---

**Nurturing and Attachment\*:** The emotional tie along with a pattern of positive interactions between the parent and child.

---

---

---

#### References:

\*The Children's Bureau added a sixth factor, nurturing and attachment. Capacity Building Center for States. (2016). Protective capacities and protective factors: Common ground for protecting children and strengthening families. Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services. [https://capacity.childwelfare.gov/sites/default/files/media\\_pdf/protective-factors-capacities-cp-00052.pdf](https://capacity.childwelfare.gov/sites/default/files/media_pdf/protective-factors-capacities-cp-00052.pdf)

Child Welfare Information Gateway. (2020). Protective factors approaches in child welfare. Washington, DC: U.S. Department of Health and Human Services, Administration for Children and Families, Children's Bureau. <https://www.childwelfare.gov/resources/protective-factors-approaches-child-welfare/>

Harper Browne, C. (2024, January). Expanding the Perspectives and Research Foundation for the Strengthening Families & Youth Thrive Frameworks. Center for the Study of Social Policy. <https://cssp.org/resource/expanding-the-perspectives-and-research-foundation-for-the-strengthening-families-youth-thrive-frameworks/>

# Parent Panel Reflection Questions

What strengths and/or protective factors stood out most to you? Why?

---

---

---

---

---

---

---

---

---

---

What caseworker actions did you note in the stories shared during the panel? How did those actions help or hinder the family?

---

---

---

---

---

---

---

---

---

---