

Strengthening Families Washington
ACTIVITY PACK



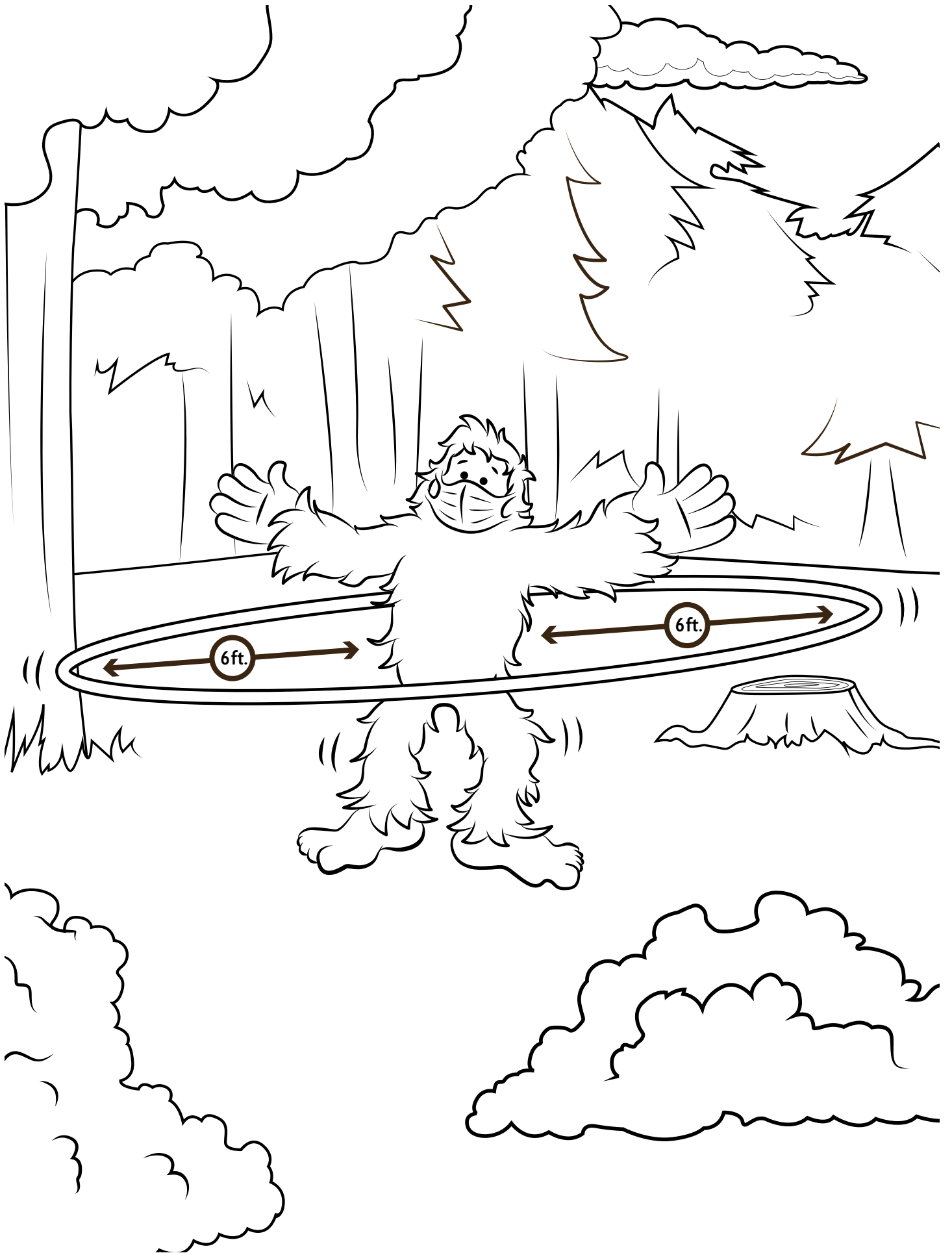
Washington State Department of
CHILDREN, YOUTH & FAMILIES



The Washington State Department of Children, Youth & Families
Strengthening Families Washington Program

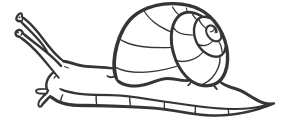
www.dcyf.wa.gov/services/child-development-supports/sfwa

If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, ConstRelations@dcyf.wa.gov).



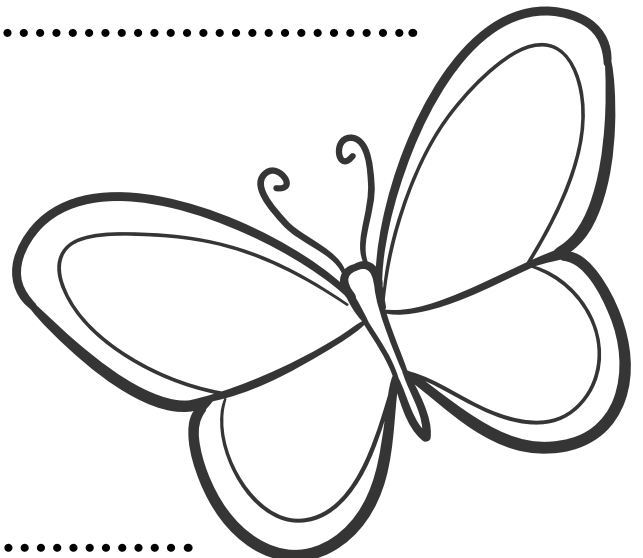


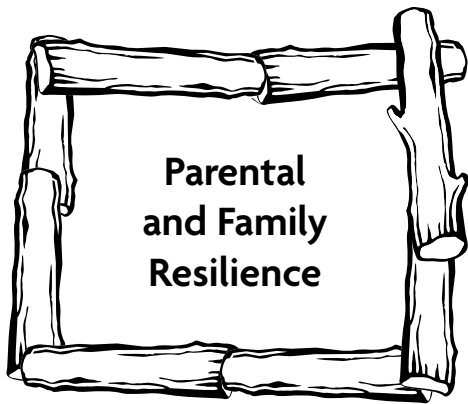
PROTECTIVE FACTORS WORD SEARCH



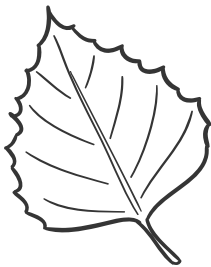
P J H Y L G D Y A E
C R N T R E H C C H
H E O O G T A N G A
I V W T L N E R D P
L O H A E I E R N P
D L E O L C E R P Y
R H F I P A T L T F
E L S G M E A I U S
N E K L H Y M N V N
R S E I L I M A F E

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- | | | |
|------------|------------|---------|
| Families | Fun | Grow |
| Love | Protective | Dream |
| Strength | Happy | Mask |
| Resilience | Together | Safe |
| Hope | Play | Healthy |
| Children | Learn | |
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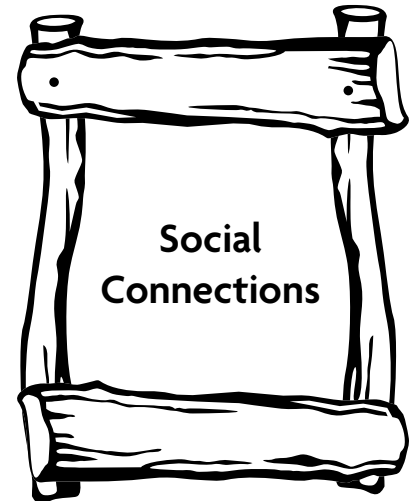




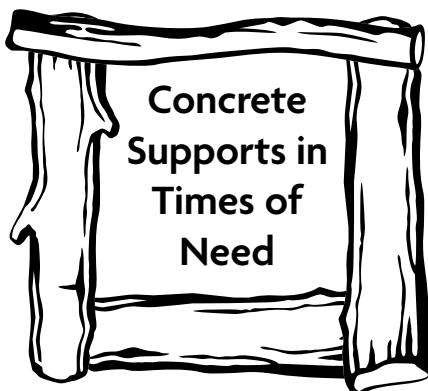
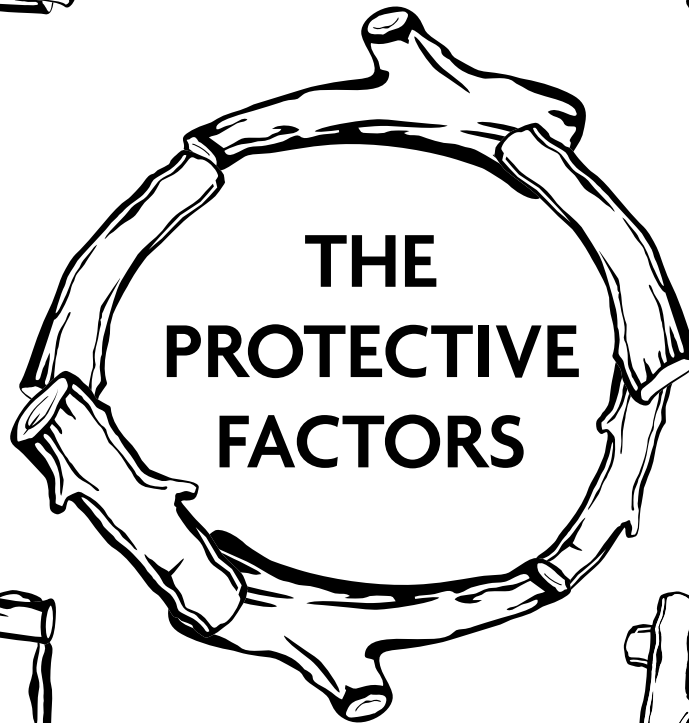
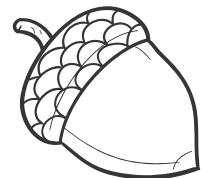
EXAMPLE ACTION:
Problem-solving and find ways to alleviate stress (deep breathing, taking a break, going for a walk).



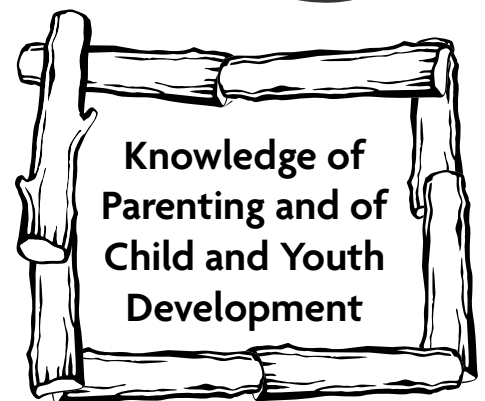
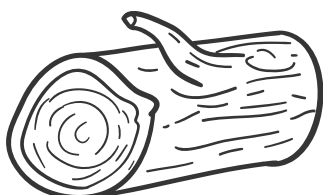
EXAMPLE ACTION:
Create a daily routine so your child knows what to expect.



EXAMPLE ACTION:
Check out your local library for a virtual story hour or connect with someone who inspires you over text or phone.



EXAMPLE ACTION:
Call 2-1-1 to find organizations in your area that support families.



EXAMPLE ACTION:
Find an online parenting class or workshop.



MATCH THE PROTECTIVE FACTOR WITH THE ACTION



- Social Connections** ➤
 - Video call grandparents.
 - Participate in virtual gatherings with friends.
- Concrete Supports in Times of Need** ➤
 - 2-1-1: You can call 2-1-1 from any phone to be connected to a list of statewide resources for everything from food and diapers to rental assistance and bus fare. Or visit <https://wa211.org>.
- Social and Emotional Competence of Children** ➤
 - In many cases, these meals are being delivered or dropped at off-school locations such as bus stops. Check your local school district webpage to find a meal service location near you.
- Knowledge of Parenting and of Child and Youth Development** ➤
 - Check out your local library for a virtual story hour or connect with someone who inspires you over text or phone.
 - Finding an online parenting class or workshop.
- Parental and Family Resilience** ➤
 - Problem-solving and finding ways to alleviate stress (deep breathing, taking a break, going for a walk).
 - Time alone is important! Don't feel guilty for taking a walk by yourself, enjoying warm tea, or whatever makes you feel at ease.

<p style="text-align: center;">Social and Emotional Competence of Children</p> <ul style="list-style-type: none"> • Check out your local library for a virtual story hour or connect with someone who inspires you over text or phone. • Knowledge of Parenting and of Child and Youth Development • Finding an online parenting class or workshop. <p style="text-align: center;">Parental Resilience</p> <ul style="list-style-type: none"> • Problem-solving and finding ways to alleviate stress (deep breathing, taking a break, going for a walk). • Time alone is important! Don't feel guilty for taking a walk by yourself, enjoying warm tea, or whatever makes you feel at ease. 	<p style="text-align: center;">Social Connections</p> <ul style="list-style-type: none"> • Video call grandparents. • Participate in virtual gatherings with friends. <p style="text-align: center;">Concrete Support in Times of Need</p> <ul style="list-style-type: none"> • 2-1-1: You can call 2-1-1 from any phone to be connected to a list of statewide resources for everything from food and diapers to rental assistance and bus fare. Or visit https://wa211.org. <p style="text-align: center;">Knowledge of Parenting and of Child and Youth Development</p> <ul style="list-style-type: none"> • Check out your local library for a virtual story hour or connect with someone who inspires you over text or phone. • Finding an online parenting class or workshop. <p style="text-align: center;">Parental Resilience</p> <ul style="list-style-type: none"> • In many cases, these meals are being delivered or dropped at off-school locations such as bus stops. Check your local school district webpage to find a meal service location near you.
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