

Protective Factors and Nutrition

Monica Bhagwan, Director of Curriculum





Nature



Regular Movement



Balanced Nutrition



Therapeutic Mental
and Somatic
Practices



Mindfulness and
Spiritual Connection



Supportive
relationships

Source: The Center for Social Policy, Strengthening Families

Positive Experiences: Self-Healing Practices



Parental resilience



Concrete support in times of need



Social connections



Social and emotional competence in children



Knowledge of parenting & child development

Source: The Center for Social Policy, Strengthening Families

Positive Experiences: Protective Factors



Sense of collective responsibility and interconnectedness



Learning values of harmony and co-operation as well as autonomy and hardiness



Supportive, caring, cohesive communities



Traditional knowledge, cultural values, and practice



Sense of being treated as special, as valued



Positive cultural and ethnic identity

Source: The Center for Social Policy, *Strengthening Families*

Positive Experiences: Protective Factors (cont.)