



**THE THREE Cs:
STRATEGIES FOR PARENTS OF CHILDREN AGES 5 – 11**

PROTECTIVE FACTORS	PARENTS' ROLES
Connection	<p>Spend time with the child: listen, follow, guide, play</p> <p>Facilitate connection with other adults and peers: link; advocate; “coach” social skills</p> <p>Teach and model empathy, seeing through another’s eyes</p>
Competence	<p>Provide a platform for autonomy and mastery: “just enough” help and encouragement</p> <p>Model and coach the child in social competence (e.g. how to make and keep friends, seek and offer help, respect differences, and resolve conflicts)</p> <p>Identify and nurture the development of domains of competence (e.g., the arts, sports, academics, special interests)</p>
Contribution	<p>Engage the child in planning and decision-making with the family (e.g. meals, activities, trips, budgeting, solving problems)</p> <p>Expect the child to contribute to the work of the household</p> <p>Model and engage the child in contributing to the community</p> <p>Explicitly teach the values of giving and service</p>