

FDM Protective Factors and Indicators

Children's Social and Emotional Competence	
Children's Emotional Development and Well Being	
In-Crisis	My child is negative and unhappy..
At-Risk	My child's mood fluctuates, but generally he/she is negative and unhappy.
Stable	My child's mood fluctuates, but generally, he/she is positive and happy.
Safe/ Self-Sufficient	My child is generally happy and positive.
Self Regulation	
In-Crisis	My child is emotionally out of control.
At-Risk	My child has difficulty recovering from emotional upset.
Stable	My child can calm his/herself.
Safe/ Self-Sufficient	My child can remain calm in the face of conflict or challenging situations
Engaging with Others	
In-Crisis	My child is isolated and withdrawn.
At-Risk	My child has limited interactions.
Stable	My child can form relationships.
Safe/ Self-Sufficient	My child initiates positive relationships.
Self Regulation and Communication Skills	
In-Crisis	My child doesn't communicate their emotions.
At-Risk	My child has difficulty communicating their emotions.
Stable	My child can name and communicate their emotions when asked.
Safe/ Self-Sufficient	My child talks regularly about their emotions (how he/she feels).
Concrete Support in Times of Need	
Access to Food	
In-Crisis	I have no food in the home and no way of getting it.
At-Risk	I have ongoing challenges getting food
Stable	I am able to get food almost all of the time.
Safe/ Self-Sufficient	There is enough nutritious food for all of the family.
Community Resource Knowledge	
In-Crisis	I have no knowledge of community resources.
At-Risk	I have little knowledge of community resources and have difficulty accessing them.
Stable	I am able to use community resources when needed with some support.
Safe/ Self-Sufficient	I know what resources are in my community and already know how to use them.
Health Services	
In-Crisis	I have a medical condition and do not seek medical attention.
At-Risk	I do not always seek medical attention when needed.
Stable	I seek medical attention when needed.

Safe/ Self-Sufficient	I seek preventative medical attention.
Income Capacity	
In-Crisis	I have no income sources and cannot meet my basic needs.
At-Risk	I have some income but it is not consistent to meet basic needs.
Stable	I currently have enough income to meet basic needs.
Safe/ Self-Sufficient	I have enough income to meet basic needs and have money leftover.
Stability of Home	
In-Crisis	Eviction notice has been served or am involuntary homeless (no financial resources)
At-Risk	I am at risk of losing housing or live in a shelter/motel or have difficulty qualifying for housing. Am not certain where next shelter is to be found.
Stable	I have am able to have housing for the next six months.
Safe/ Self-Sufficient	I have sufficient income to secure housing for at least one year.
Transportation	
In-Crisis	I have no access to transportation, even in an emergency.
At-Risk	I have limited access to transportation but I can't depend on it.
Stable	I have limited access to public or private transportation when needed.
Safe/ Self-Sufficient	I have consistent, dependable transportation, public or private.
Knowledge of Parenting & Child Development	
Developing Parenting Skills	
In-Crisis	I do not have the information I need for my child's development.
At-Risk	There are still many things about parenting and child development I need to know more about.
Stable	I know how/where to access resources when I have questions about parenting or child development
Safe/ Self-Sufficient	I seek and apply new information on parenting and child development regularly.
Family Time	
In-Crisis	I spend no time sharing fun positive activities with my children.
At-Risk	I have difficulty spending time sharing fun positive activities with my children.
Stable	I spend some time sharing activities with my children.
Safe/ Self-Sufficient	I often spend time sharing fun positive activities with my children.
Discipline	
In-Crisis	I am angry and frustrated because my child does not respond positively to my attempts to discipline
At-Risk	I am often frustrated because my child does not respond positively to my efforts at discipline.
Stable	My child responds sometimes positively to my attempts at discipline.

Safe/ Self-Sufficient	I have effective strategies for discipline that my child responds to in a positive way.
Parent/Child Communication and Attachment	
In-Crisis	My child and I do not talk and/or listen to one another for understanding needs and interests
At-Risk	My child and I try to talk and listen with one another but we don't often understand our needs and interests.
Stable	Sometimes I talk and listen with my child and we understand one another's needs and interests.
Safe/ Self-Sufficient	My child and I talk regularly and understand one another's needs and interests.
Parental Resilience	
Functioning and Coping	
In-Crisis	I am unable to do basic tasks when I feel stressed or over-whelmed
At-Risk	When I feel stressed or over-whelmed, I have difficulty doing anything beyond basic tasks
Stable	When I feel overwhelmed or stressed, I am able to identify my strengths or utilize resources that help me cope.
Safe/ Self-Sufficient	Most of the time I feel like I have everything under control and use my strengths to stay focused.
Setting Goals	
In-Crisis	I cannot think about or plan for the future right now.
At-Risk	I'd like to think about the future but don't have specific idea of a goal or a plan.
Stable	I have some goals and am making progress
Safe/ Self-Sufficient	I am clear about my goals and am able to make adjustments as needed to my plan to achieve success.
Emotional Well-Being	
In-Crisis	I feel so hopeless about life that it affects my family.
At-Risk	I often feel unhappy about my life which may affect my family.
Stable	Although I may have some disappointments, it does not interfere with my family.
Safe/ Self-Sufficient	I am happy with my life situation which contributes to my family's well-being
Social Connections	
Community Groups	
In-Crisis	I or my family is not aware of or involved in any community groups.
At-Risk	I or my family is aware of community group activities but are not involved.
Stable	I have or my family has identified community groups/activities of interest and has some level of participation, resulting in building some social connections.
Safe/ Self-Sufficient	My family or I actively participate in community groups/activities of interest resulting in establishing social connections.

Family , Friend and Community Support	
In-Crisis	My family does not receive support from anyone.
At-Risk	My family has a few people we can count on for help.
Stable	My family has established a few social supports with other people, including parents, friends and neighbors.
Safe/ Self-Sufficient	My family regularly receives positive support from my family, friends and community.
Social Contacts	
In-Crisis	My family does not have social ties with other people, even family.
At-Risk	My family knows other people but has no ongoing ties.
Stable	My family has some social ties with others mostly family.
Safe/ Self-Sufficient	My family has established social ties with other parents, friends, neighbors or other community members.