



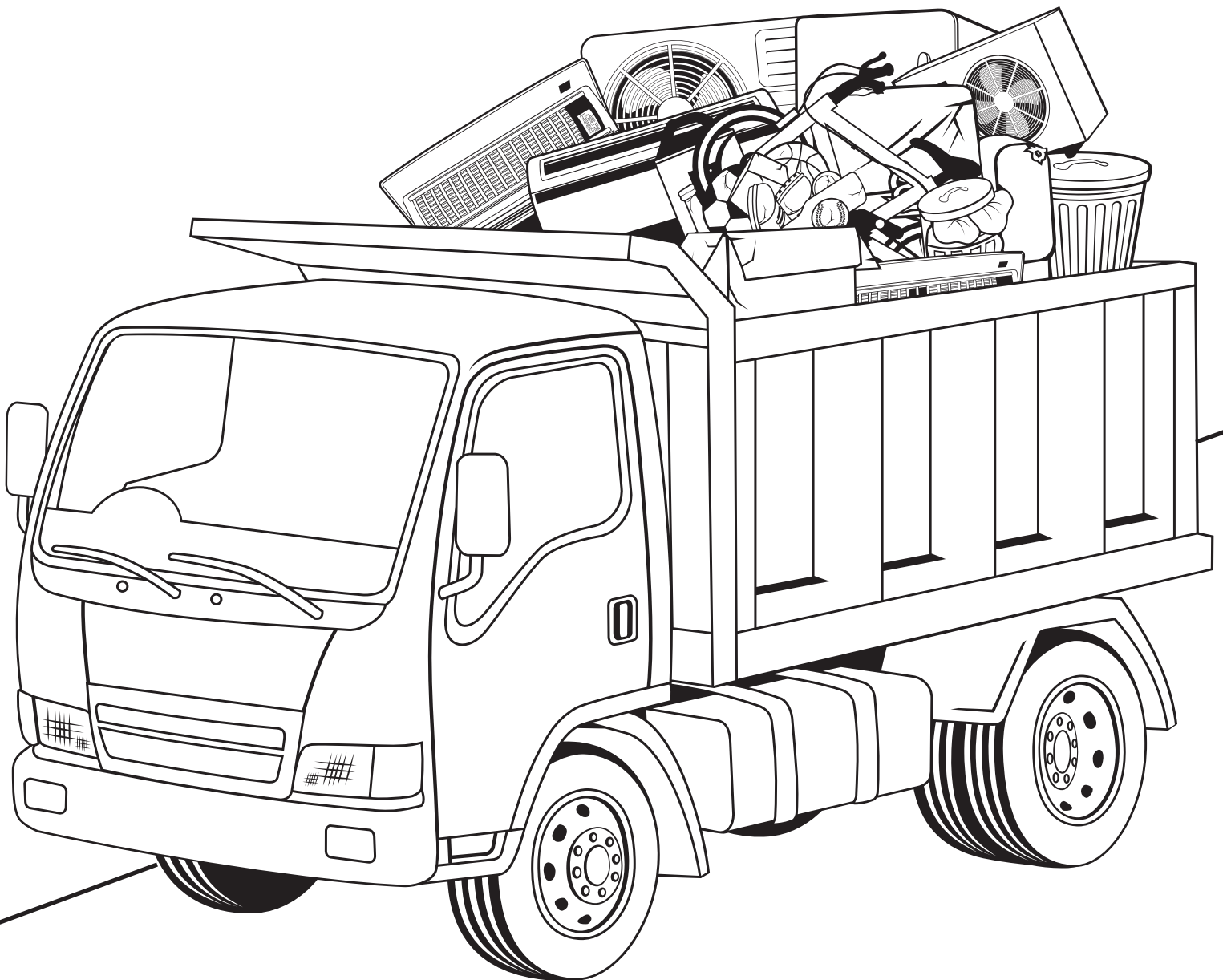
# Transforming Child & Family Well-Being

*A Coloring Book for Reflection & Insight*

# The Overloaded Truck

Just as a vehicle can bear only so much weight before it stops moving forward, challenging life circumstances can overload or overburden parents, making it hard for them to provide the best kinds of care and support. To prevent a breakdown in care, we can focus on services and resources that can help lighten the load on families.

Color the truck and boxes. Add your own stressors or draw ways to lighten the load.



What loads might families in your community carry—  
and how can you help them move forward?

# Protective Factors

Protective factors are the strengths and supports that help families thrive, even under stress. They act like cushions, easing the impact of challenges and helping children grow safely.

Color the images or draw your own. Add symbols of strength and support around the page.



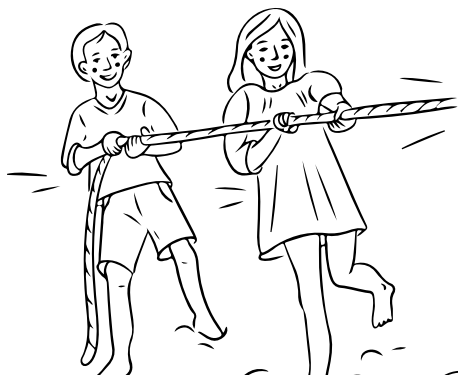
**Parental / Caregiver  
Resilience**



**Social Connections  
(friends, family, community)**



**Knowledge of Parenting  
& Child Development**



**Social & Emotional  
Competence of Children**



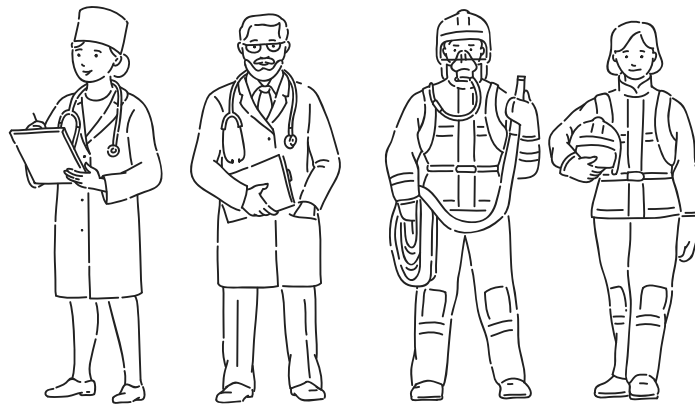
**Concrete Supports in  
Times of Need**

Which protective factors could make the biggest difference for the families you know?

# Who Supports Children?

Children thrive when families and communities work together. Many people help lighten the load and promote well-being—parents, teachers, doctors, social workers, caregivers, mentors, and neighbors.

Color the figures and add your own people who make a difference in a child's life.



Who supports the children and families  
in your community?

# Reflection

As you color, think about the stressors families carry and the supports that help them thrive. Protective factors, caring people, and small acts of help can make a big difference.

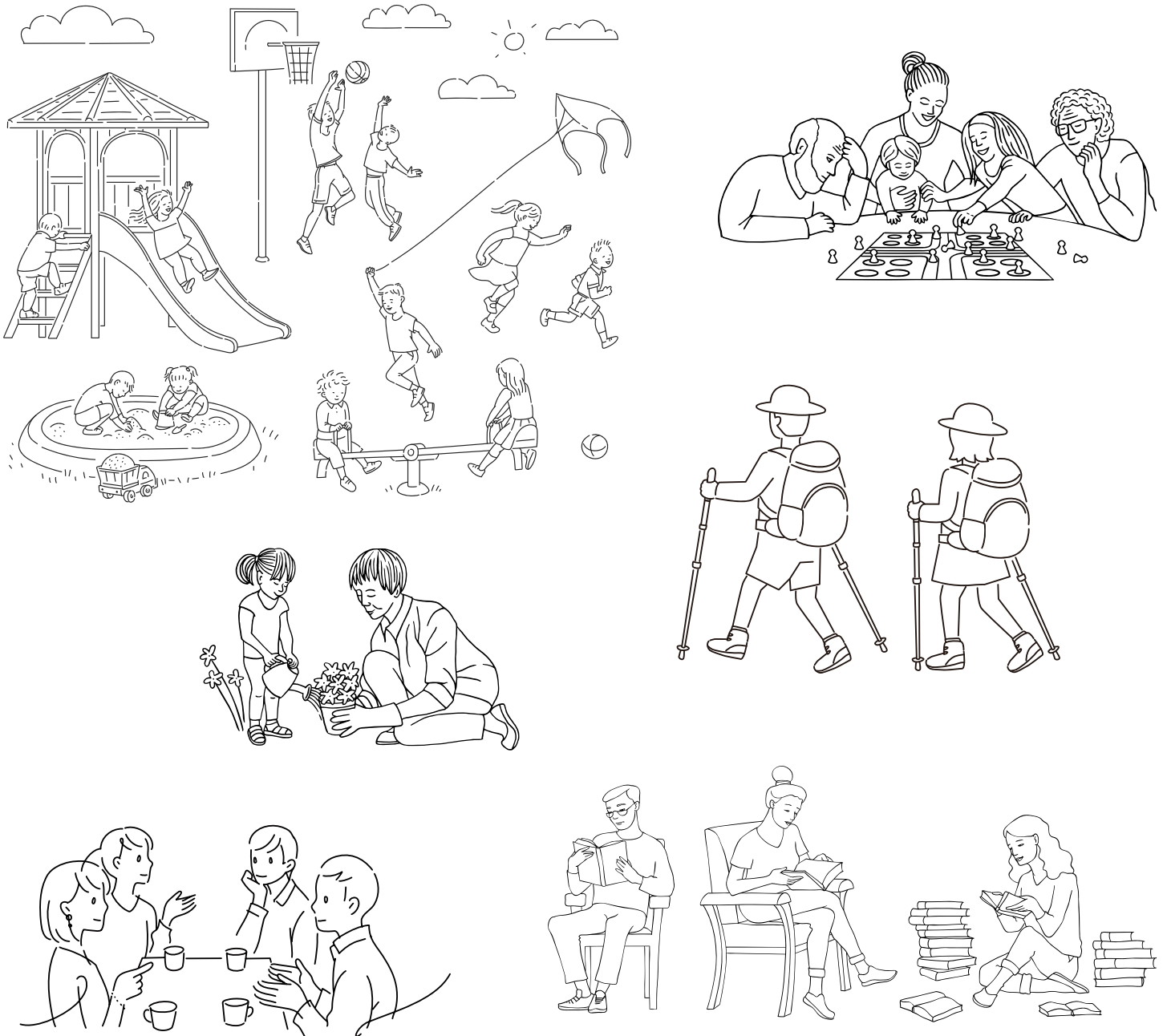


What can you do to help  
lighten the load for families you know?

# Together in Action

When communities come together, families thrive. Every act of connection—sharing time, skills, and care—helps strengthen the supports that keep children safe and families strong.

Color the scenes of community connection—people simply showing up for one another.



What does community support look like where you live?





## **Scan to Learn More About Our Work in Child, Family, and Community Well-Being**



Social Current is the premier partner and solutions provider to a diverse network of more than 1,800 human and social service organizations. Together with our network, we are activating the power of the social sector to effect broader systemic change that is needed to achieve our vision of an equitable society where all people can thrive.

We support, strengthen, and amplify the work of the social sector in five core integrated areas including brain science and trauma-informed approaches; COA Accreditation; child, family, and community well-being; government affairs and advocacy; and leadership and organizational development.

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