



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

**STRENGTHENING FAMILIES WASHINGTON**



**WHAT  
MAKES A  
HERO?**

**COLORING BOOK**

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## Strengthening Families Washington (SFWA)

*is a program at the Department of Children, Youth & Families with a primary focus on helping families and communities become stronger together.*

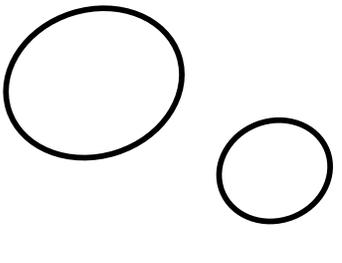
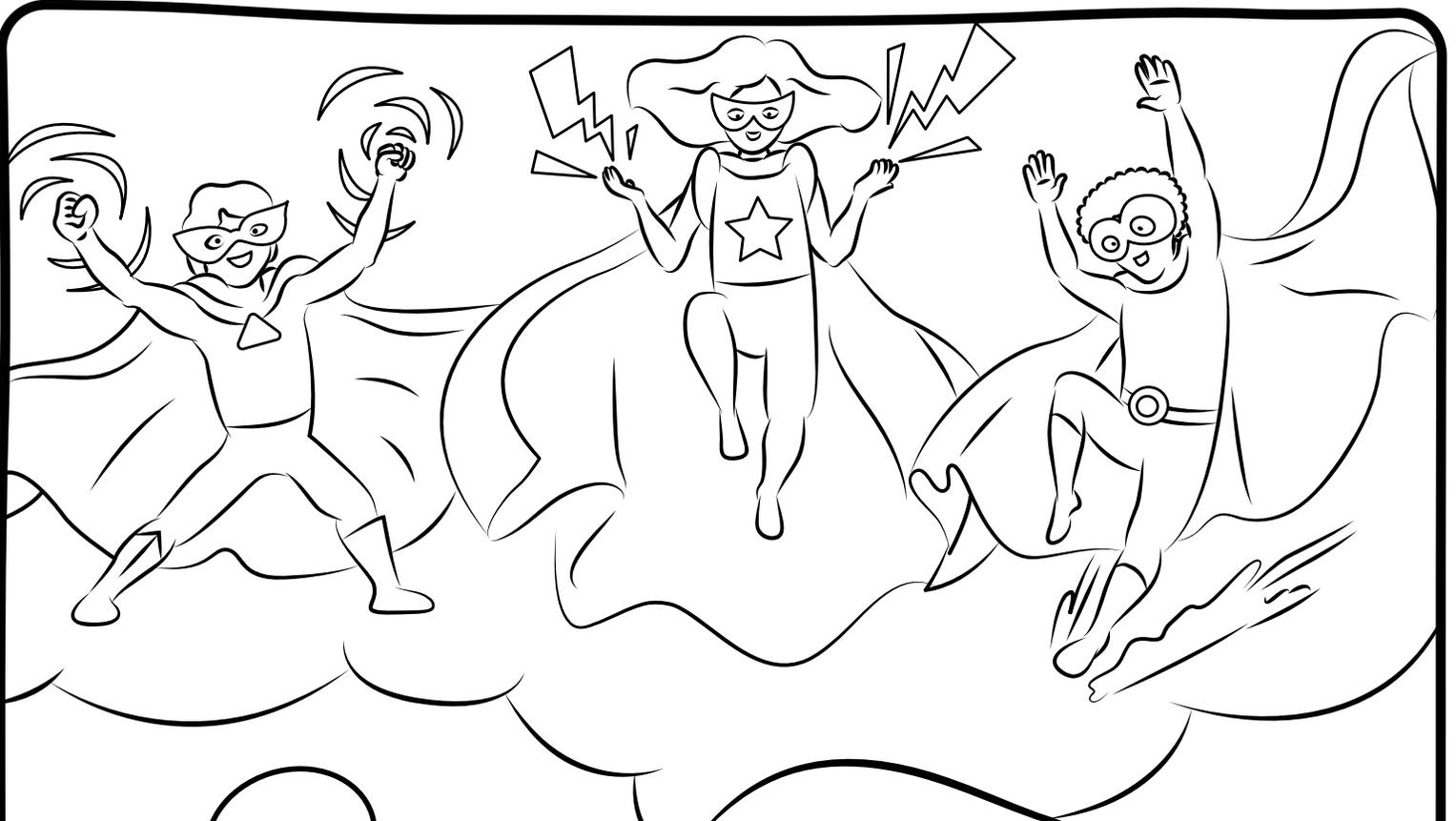
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SFWA helps families strengthen their bonds, understand childhood development, and cope with the challenge of parenting through building the five Protective Factors that are known to help reduce child abuse and neglect. By reaching out to parents and surrounding them with support, we can help strengthen families which helps protect children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

For more information about SFWA, go to  
[www.dcyf.wa.gov/services/child-development-supports/sfwa](http://www.dcyf.wa.gov/services/child-development-supports/sfwa)

WHAT  
MAKES  
A HERO?





**HEROES  
CAN COME IN  
MANY FORMS.**



**CARTOONS  
AND MOVIES HAVE  
SUPER HEROES ...**

... THEN THERE ARE DOCTORS,  
TEACHERS, AND FIREFIGHTERS.

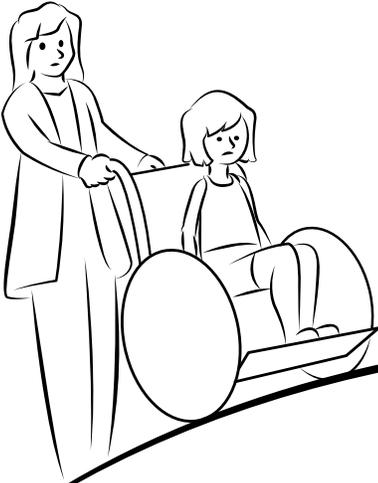


**WHO ELSE  
IS A HERO?**

**DRAW & COLOR  
A HERO HERE!**

**WHAT IF HEROES ARE  
ALL AROUND US?**

**WHAT ABOUT THE MOM  
WHO SEES A PLAYGROUND WITH  
NO SWING FOR HER DAUGHTER ...**



**... WHO RALLIES SUPPORT AT CITY HALL,  
IN COUNCIL MEETINGS, AND BUDGET DISCUSSIONS  
AND CREATES A PARK WHERE ALL CAN PLAY?**

OR THE DAD WHO ADVOCATES FOR THEIR CHILD,  
WHO NEEDS EXTRA SERVICES, THEN TAKES THEM  
TO EVERY APPOINTMENT SO THEY LEARN TO THRIVE.

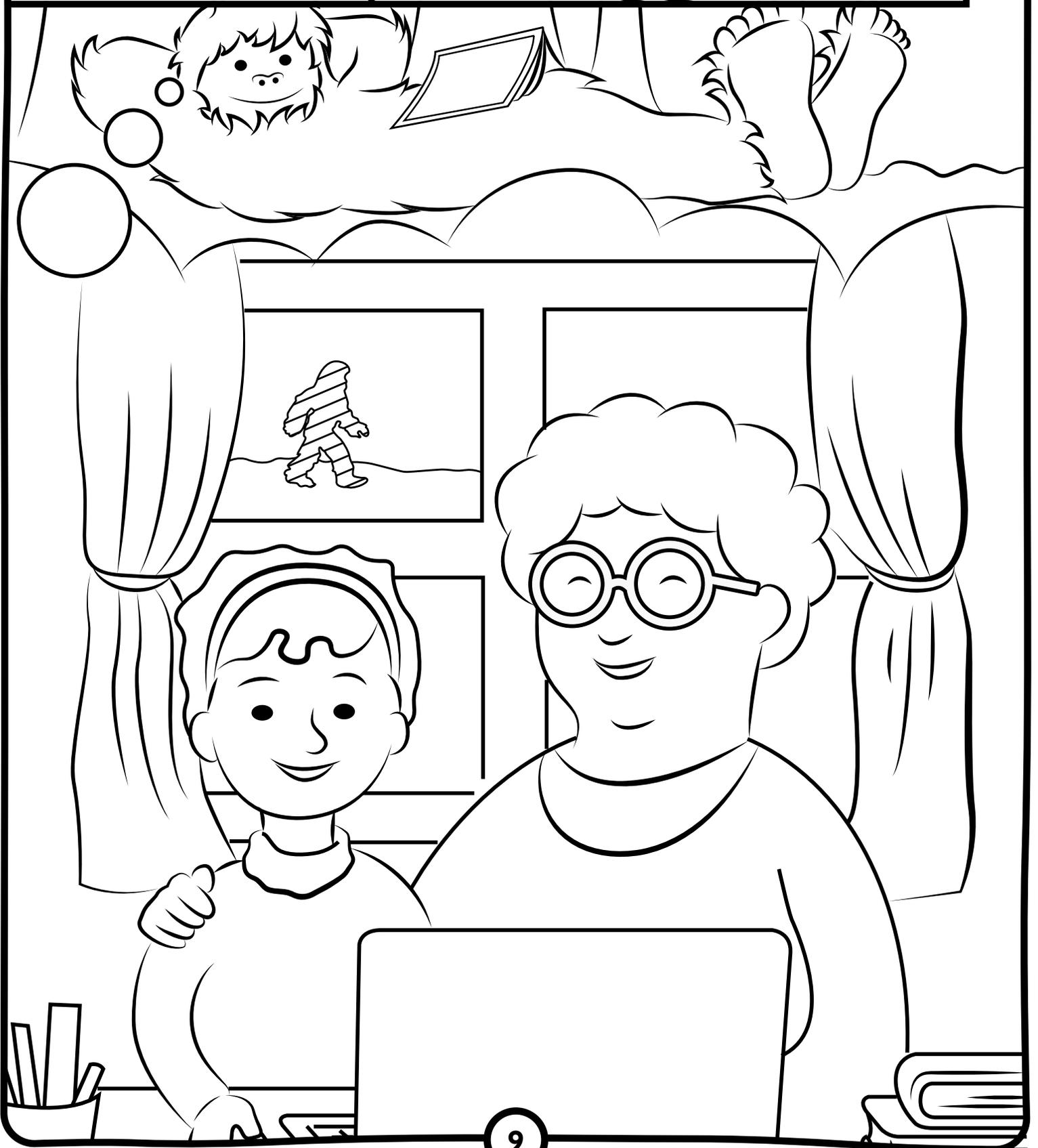


**HEROES ARE FOSTER PARENTS WHO  
WELCOME CHILDREN AND PARENTS  
INTO THEIR HOME ...**



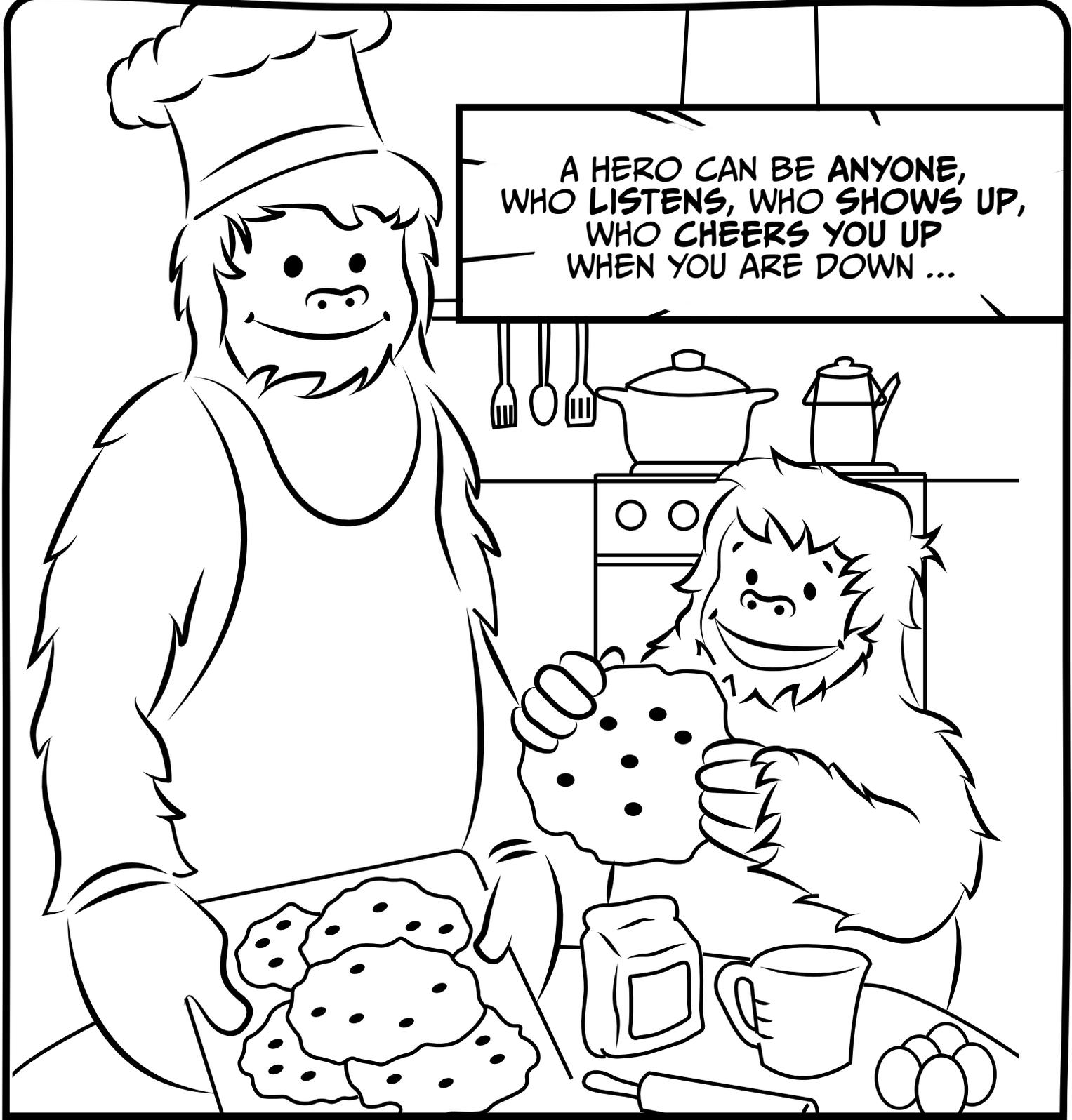
**... CREATING SPACE  
FOR HEALING  
AND GROWTH.**

A HERO IS A GRANDPARENT, WHO STEPPED UP WHEN THINGS SHUT DOWN  
LEARNING ZOOM AND COMMON CORE TO HELP CREATE A SAFETY NET  
WHILE MOM AND DAD WORKED.



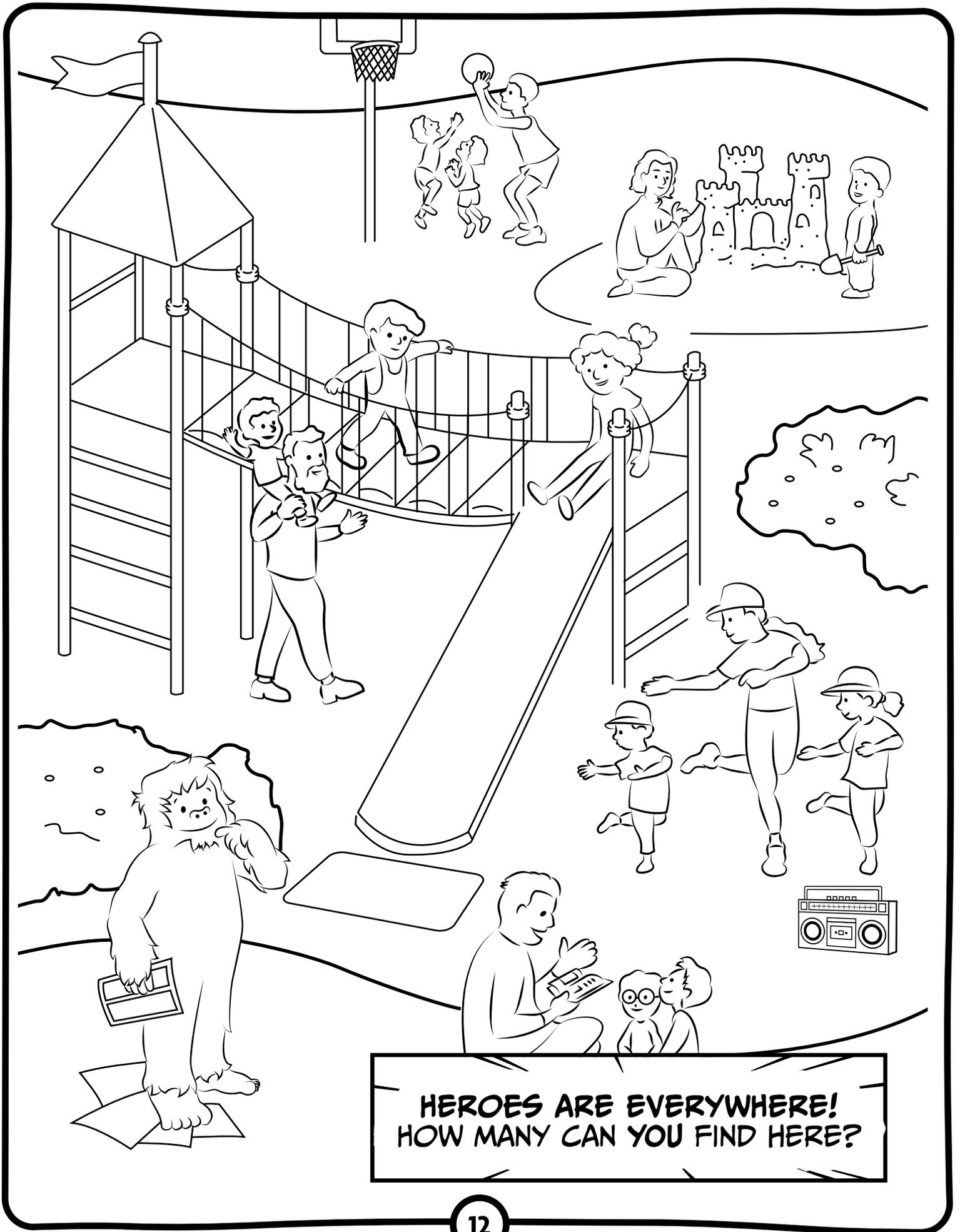
IT'S THE PARENT WHO SAW INEQUITY AND DIDN'T JUST STAND BY AND STAY SILENT, BUT ROSE UP, BROUGHT THE ISSUE TO LIGHT, LEARNED HOW TO DO BETTER, BE BETTER, AND TAUGHT THAT TO THEIR CHILDREN AND THE COMMUNITY.





A HERO CAN BE ANYONE,  
WHO LISTENS, WHO SHOWS UP,  
WHO CHEERS YOU UP  
WHEN YOU ARE DOWN ...

WHO MAKES YOUR FAVORITE MEALS AND TREATS,  
WHO LOVES YOU NO MATTER WHAT,  
AND HELPS YOU FEEL THOSE BIG SASQUATCH FEELINGS.



**HEROES ARE EVERYWHERE!  
HOW MANY CAN YOU FIND HERE?**

## The Protective Factors

Research has found that these five Protective Factors reduce stress and promote the well-being of ALL families. Everyone has stress, but when families increase Protective Factors, they build and draw on natural support networks within their families and communities.



### **PARENTAL RESILIENCE:**

*I can overcome hard times.*



### **CONCRETE SUPPORTS IN TIMES OF NEED:**

*I know where to turn for help.*



### **SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN:**

*I know how to help my children talk about their feelings.*



### **SOCIAL CONNECTIONS:**

*I have people who know and support me.*



### **KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT:**

*I know where to go to find out about parenting skills  
and my child's developmental growth.*

**DRAW AND COLOR YOUR FAVORITE THING  
TO DO WITH YOUR HERO!**



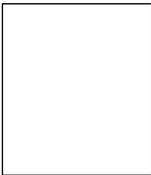
WHERE IS YOUR FAVORITE PLACE  
TO FIND HEROES?





*Detachable Postcard*

*Detachable Postcard*



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# The **UNSUNG HEROES** Campaign



## February is **PARENT RECOGNITION MONTH** in Washington.

Since 2011, the Strengthening Families Washington team has honored nearly 300 individuals in Washington for the roles they have taken with their families, school, and communities. They have been recognized because they have shown strength, courage, and empathy in their communities.

Each fall and winter, we accept nominations for honorees and through a community and parent panel, 28 honorees are selected each year, one for each day in February (29 honorees in leap years).

**Parenting is a wonderful learning and discovery process, and we have been honored to share stories of resiliency and strength across the state.**

Detach this postcard, fill it out, and send it to a **HERO** you know!

Your Hero's name

... is a **HERO** to me because:



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