



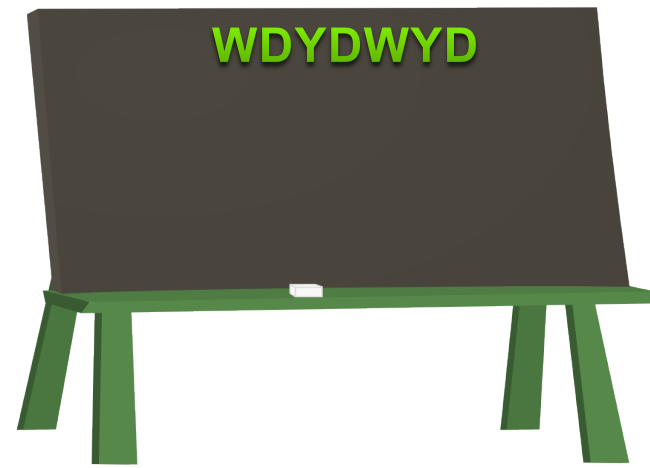
STRENGTHENING FAMILIES

AN INTRODUCTION TO THE
PROTECTIVE FACTORS

GETTING TO KNOW EACH OTHER

Please tell us:

- ☐ Your Name
- ☐ Program
- ☐ Position



WHAT PUSHES YOUR BUTTONS?



THE LEARNING ENVIRONMENT

- ☐ Start and End on Time
- ☐ Ask Questions
- ☐ Listen to Each Other
- ☐ Participate
- ☐ Networking
- ☐ Cell Phones/Texting
- ☐ Limit Sidebars
- ☐ Table Toys
- ☐ Self-Care
- ☐ Have Fun!!!



YOU WILL DESCRIBE.....

- ☐ What protective factors are
- ☐ How they relate to the prevention of CAN
- ☐ Strategies and concrete everyday actions to help families build protective factors
- ☐ How you can use the protective factors to strengthen families









STRENGTHENING FAMILIES

The study began as...

A new approach to Child abuse prevention that would be:

- ✓ Systematic and National

That would:

- ✓ Reach millions of children
- ✓ Have impact long before abuse or neglect occurs
- ✓ Promote optimal development for all children



STRENGTHENING FAMILIES

the study results:



All families
have strengths



Most successful
when delivered
through partnerships
with families



All families
need support



Focus on protective
factors that all
families need

5 PROTECTIVE FACTORS

Social Connections

Social-Emotional Competence of Children

Concrete Support in Times of Need

Parental Resilience

Knowledge of Parenting and Child Development

Less Abuse and Neglect



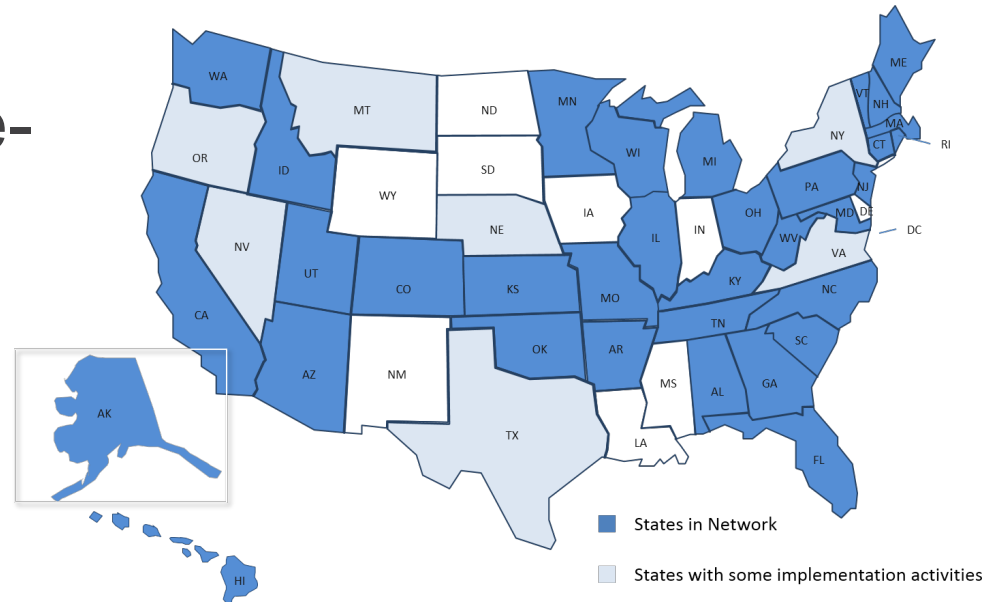
Optimal Development in Children



Stronger Families

A NATIONAL MOVEMENT

- ❑ Consistent with a place-based approach
- ❑ 35 states have leadership teams, including California
- ❑ Integration with federal programs such as home visiting



CENTER FOR THE STUDY
OF SOCIAL POLICY'S

OF SOCIAL POLICY'S
strengthening families™
A PROTECTIVE FACTORS FRAMEWORK

PROTECTIVE FACTORS

Defined

Social Connections

- ☐ Friends, family members, neighbors, and other members of a community who provide emotional support and concrete assistance to parents

Social Emotional Competence of Children

- ☐ A child's ability to interact positively with others and communicate his or her emotions effectively

Concrete Support in Times of Need

- ☐ Financial security to cover day-to-day expenses and unexpected costs that comes up from time to time, access to formal supports like TANF and Medicaid, and informal support from social networks

Parental Resilience

- ☐ The ability to cope and bounce back from all kinds of challenges

Knowledge of Parenting and Child Development

- ☐ Accurate information about raising young children and appropriate expectations for their behavior

IMPLICATIONS FOR FAMILY SUPPORT

- ❑ Shift focus from family support to family strengthening



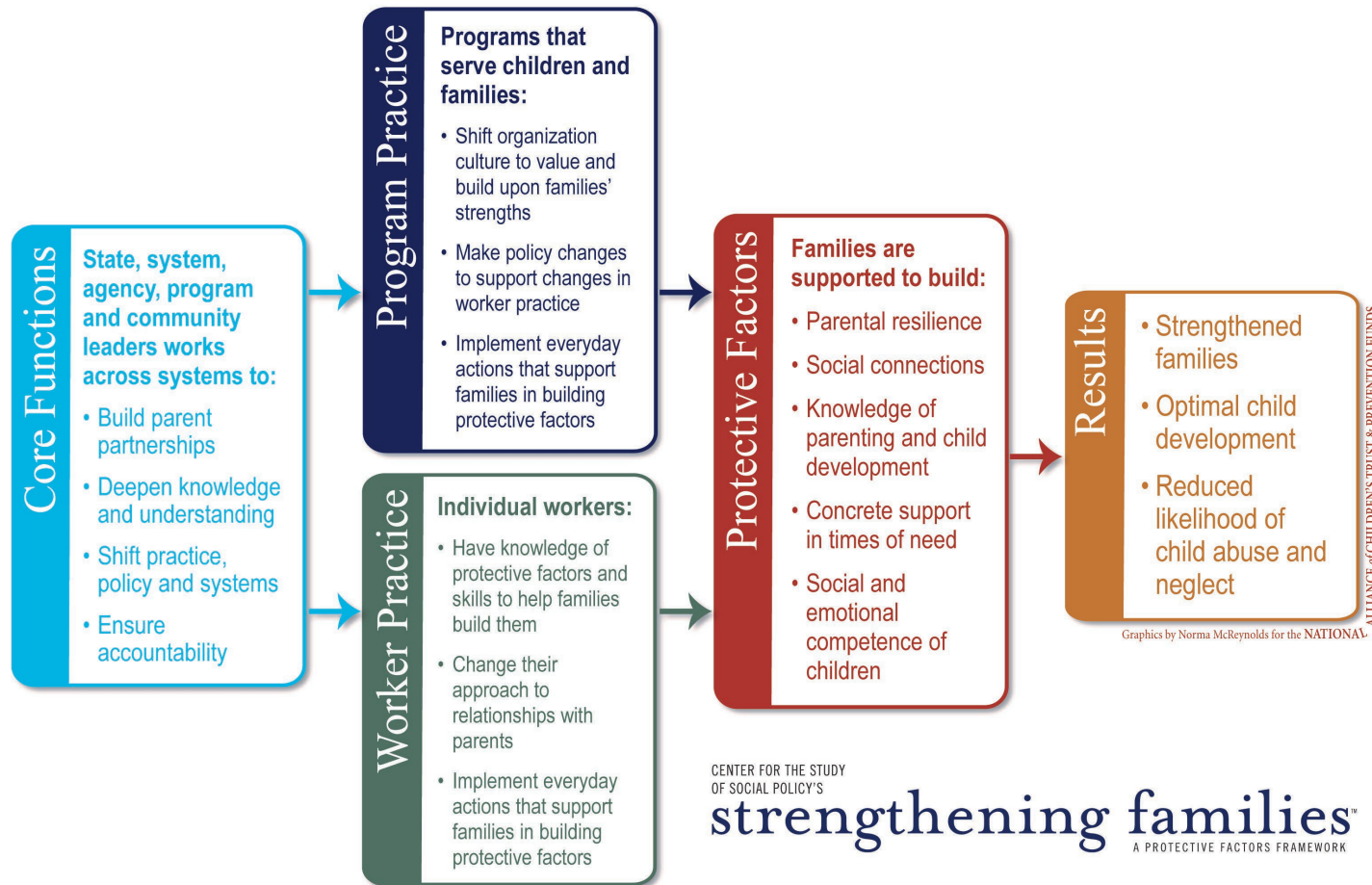
IMPLICATIONS FOR YOUR PRACTICE

- ☐ Tools to help you work with families
- ☐ Shared language
- ☐ Research informed and improved outcomes
- ☐ Part of existing programs
- ☐ Increased confidence
- ☐ Small but significant changes in everyday actions



The Pathway to Improved Outcomes for Children and Families

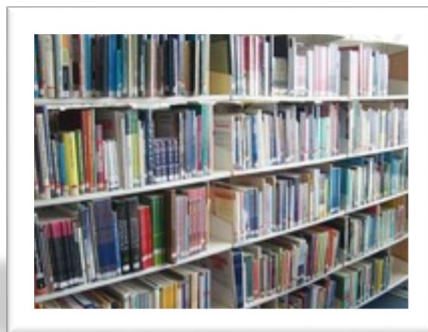
Strengthening Families™ Protective Factors Framework Logic Model



SOCIAL CONNECTIONS



- See other parents in action
- Talk about children and parenting



- Share resources
- Give and get advice



- Share joys, challenges, and frustrations
- Trade childcare

EVERYDAY ACTIONS

Social Connections

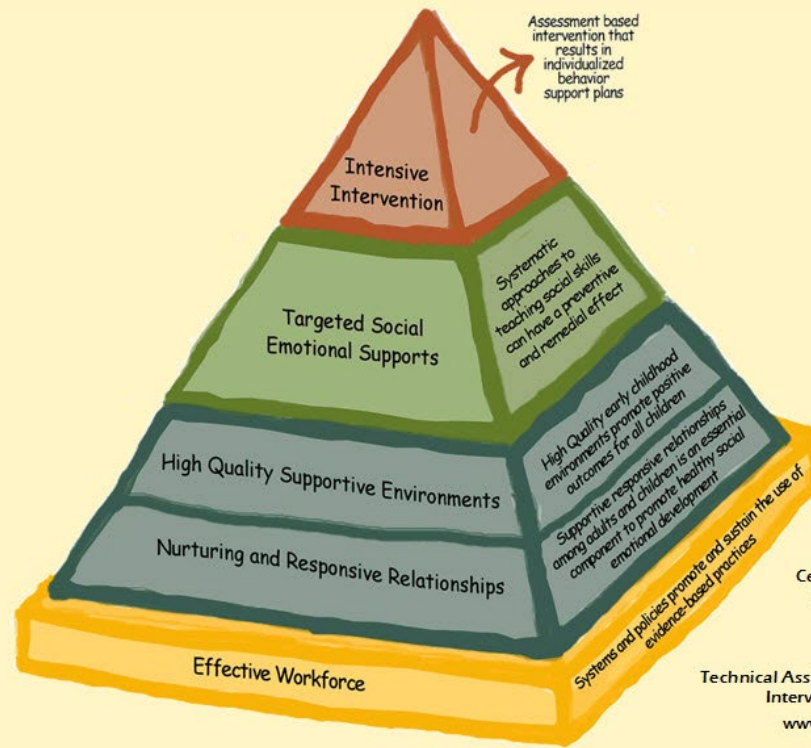
Everyday Actions

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support around parenting and other issues
- Promote engagement in the community and participation in community activities



Pyramid Model

for Promoting **Social Emotional** Competence
in Infants and Young Children

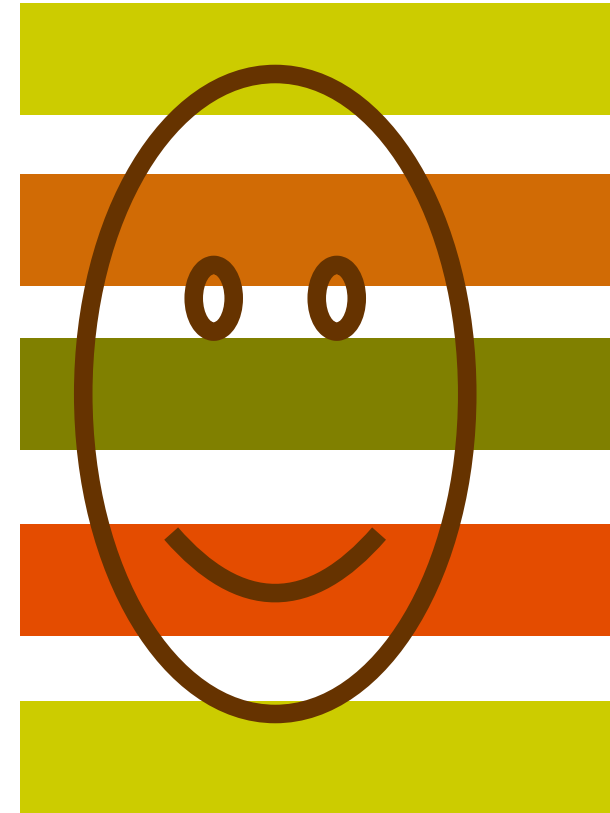


Center on the Social and Emotional
Foundations for Early Learning
www.vanderbilt.edu/csefel

Technical Assistance Center on Social Emotional
Intervention for Young Children
www.challengingbehavior.org

P-R-I-D-E

- **P**raise
- **R**eflect Appropriate Talk
- **I**mitate the Child's Behavior
- **D**escribe the Child's Activities
- **E**nthusiasm!!!



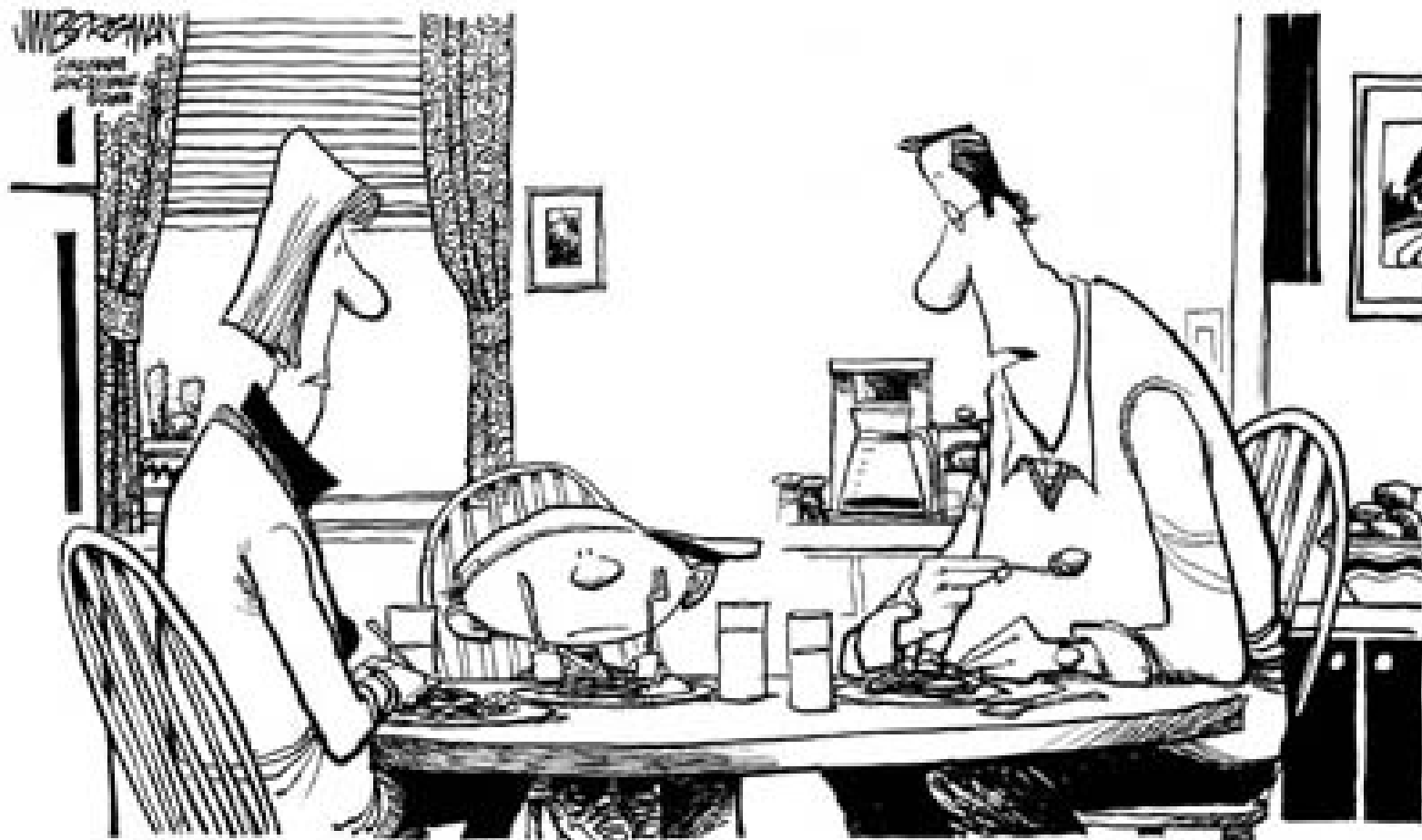
EVERYDAY ACTIONS

Social-Emotional Competence

Everyday Actions

- Help parents foster their child's social emotional development
- Model nurturing support to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development seems to need support

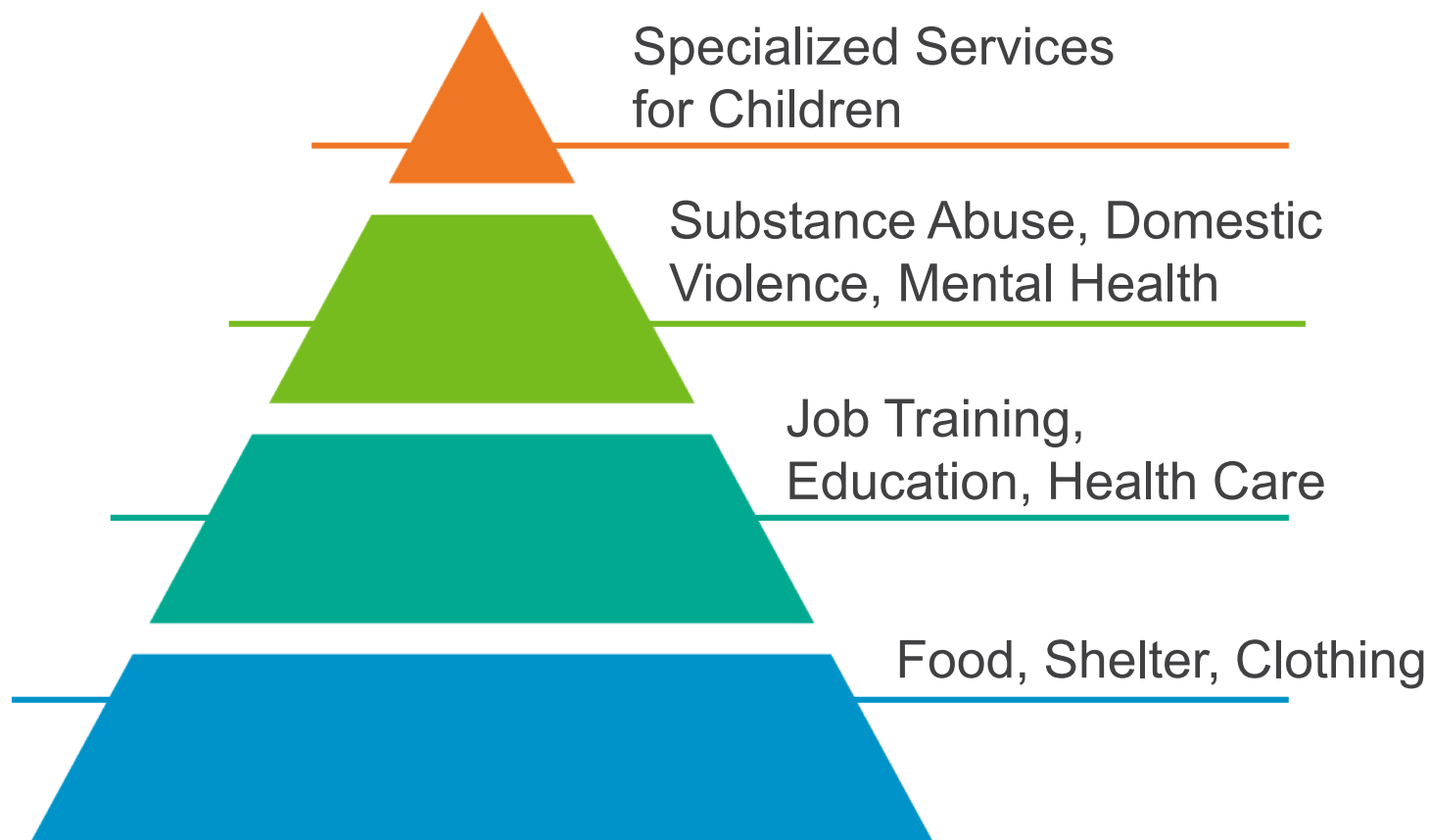




"WELL, YES, WE COULD READ YOUR BLOG.... OR YOU COULD JUST
TELL US ABOUT YOUR SCHOOL DAY."

CONCRETE SUPPORT

in times of need



EVERYDAY ACTIONS

Concrete Support

Everyday Actions

- Respond immediately when families are in crisis
- Provide information and connections to other services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports



JUGGLING

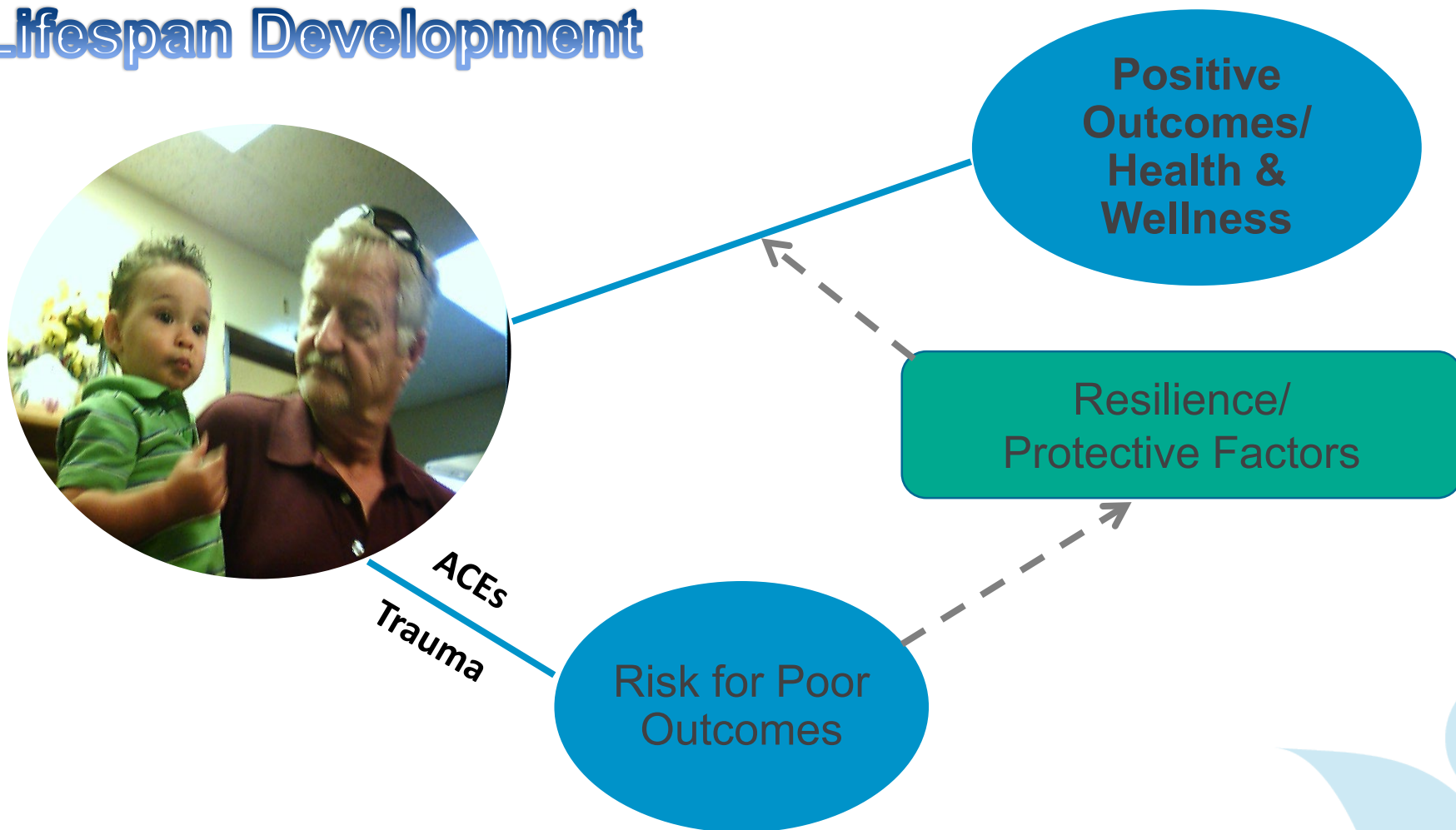


PARENTAL RESILIENCE



DEVELOPMENTAL TRAJECTORIES

Lifespan Development



ADVERSE CHILDHOOD EXPERIENCES

ACE STUDY

- ❑ Effect of traumatic life experiences during the first 18 years of life

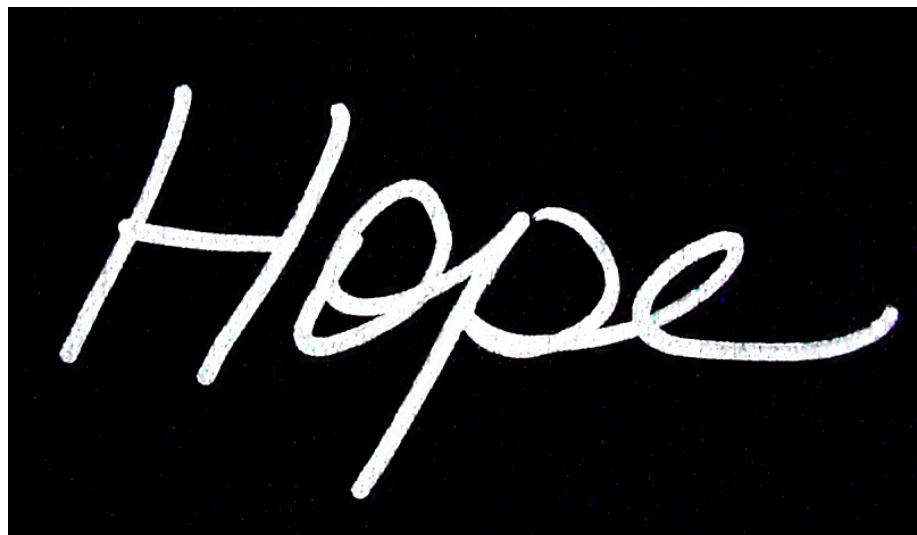


EVERYDAY ACTIONS

Parental Resilience

Everyday Actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times



STAGES OF CHANGE

Prochaska and DiClemente

- ☐ Pre-contemplation
- ☐ Contemplation
- ☐ Preparation
- ☐ Action
- ☐ Maintenance
- ☐ Relapse



UCLA Center for Human Nutrition

http://cellinteractive.com//ucla/physician_ed/stages_change.html

KNOWLEDGE OF PARENTING

and Child Development



EVERYDAY ACTIONS

Knowledge of Parenting and Child Development

Everyday Actions

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage exploration of parenting issues or concerns
- Provide opportunities to try out new parenting strategies
- Address parenting issues from a strength-based perspective



ELVIA'S STORY - ASSESSMENT

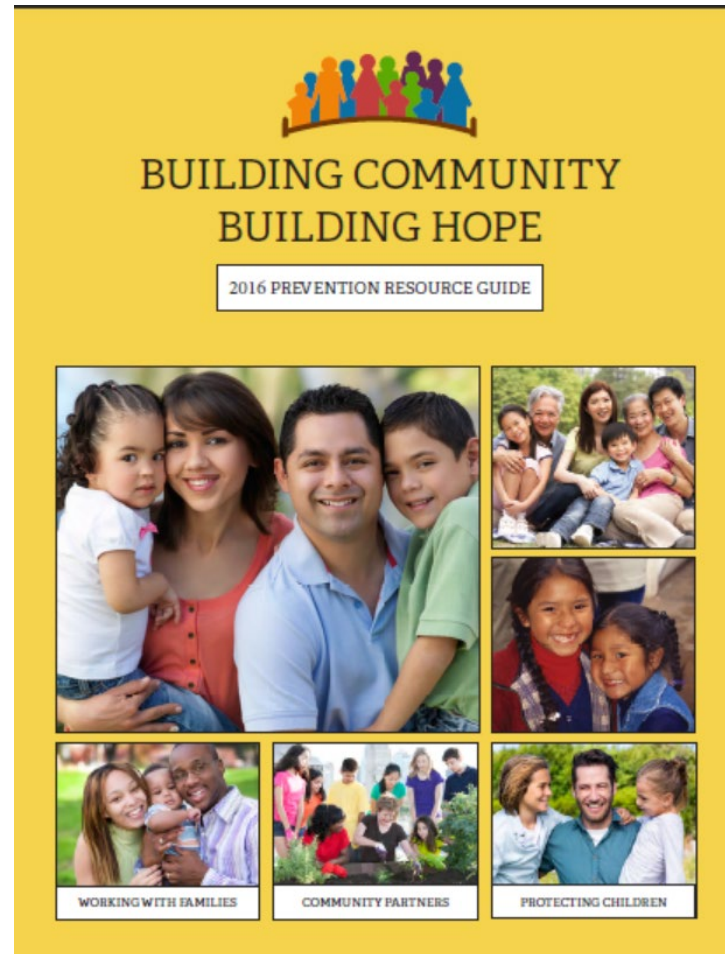
Knowledge of Parenting and Child Development

Strength or area of concern?





PREVENTION RESOURCE GUIDE



<https://www.childwelfare.gov/pubpdfs/guide.pdf>

 Strategies 2.0



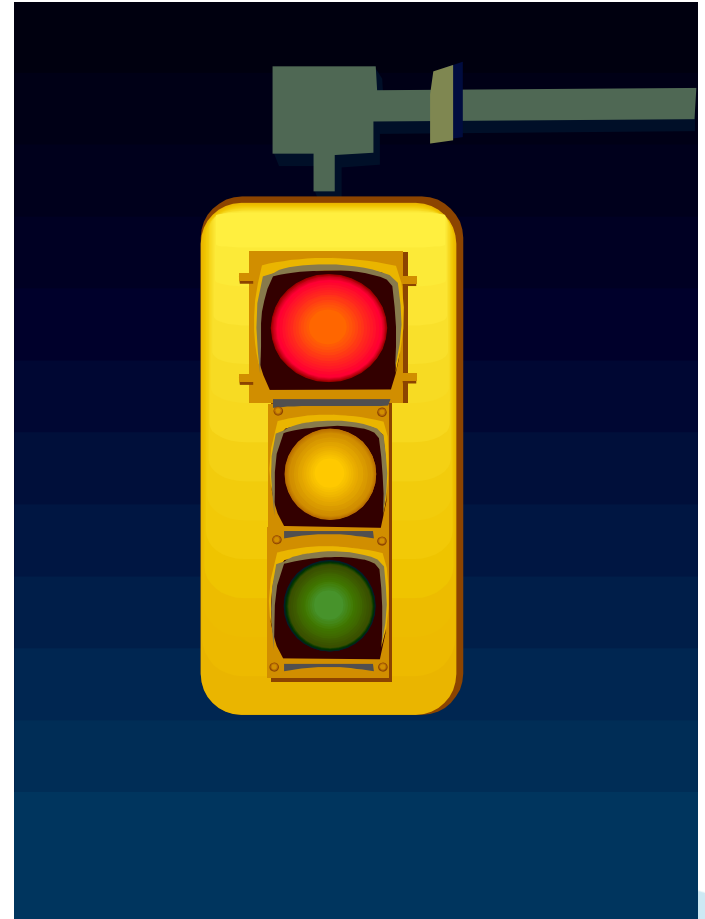
REFLECTIONS:

Pointing Out the Positives



NEXT STEPS

- **Red:**
I will stop...
- **Yellow:**
I will slow down
and learn more
about...
- **Green:**
I will start...



THANK YOU!




Strategies 2.0