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
A new approach to Child abuse prevention that would be:

- Systematic and National
- 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

Strategies 2.0
A NATIONAL MOVEMENT

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

### Core Functions
- State, system, agency, program and community leaders work across systems to:
  - Build parent partnerships
  - Deepen knowledge and understanding
  - Shift practice, policy and systems
  - Ensure accountability

### Program Practice
- Programs that serve children and families:
  - Shift organization culture to value and build upon families’ strengths
  - Make policy changes to support changes in worker practice
  - Implement everyday actions that support families in building protective factors

### Worker Practice
- Individual workers:
  - Have knowledge of protective factors and skills to help families build them
  - Change their approach to relationships with parents
  - Implement everyday actions that support families in building protective factors

### Protective Factors
- Families are supported to build:
  - Parental resilience
  - Social connections
  - Knowledge of parenting and child development
  - Concrete support in times of need
  - Social and emotional competence of children

### Results
- Strengthened families
- Optimal child development
- Reduced likelihood of child abuse and neglect

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*Graphics by Norma McIntosh for the NATIONA*
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

- 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

- Effective Workforce
- Nurturing and Responsive Relationships
- High Quality Supportive Environments
- Targeted Social Emotional Supports
- Intensive Intervention

Assessment based intervention that results in individualized behavior support plans.

Systematic approaches to teaching skills can have a preventive and remedial effect.

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

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

- 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

- Food, Shelter, Clothing
- Job Training, Education, Health Care
- Substance Abuse, Domestic Violence, Mental Health
- Specialized Services for Children
EVERYDAY ACTIONS
Concrete Support

• 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

- Take action
- Make good choices
- Gather resources
- Problem-solve
- Acknowledge feelings
- Belief system
- Communication skills
- Coping strategies
- Hope

Recognize challenges

Communication 2.0
Developmental Trajectories

Positive Outcomes/Health & Wellness

Resilience/Protective Factors

Risk for Poor Outcomes

Lifespan Development

ACs
Trauma
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

[Signature: Hope]
STAGES OF CHANGE
Prochaska and DiClemente

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

UCLA Center for Human Nutrition
KNOWLEDGE OF PARENTING
and Child Development

- Teachable moments
- Modeling and observation
- Managing challenging behaviors
- Basic child development information
- Discipline alternatives
- Parenting techniques

Strategies 2.0
EVERYDAY ACTIONS
Knowledge of Parenting and Child Development

- 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?
Your father says he'll stop wearing his pants like that when you do.
Using the Strengthening Families approach, more and more people and programs are building protective factors in families.

SPOTLIGHT

New federal grants available!
Find more information on recent opportunities from the Department of Health and Human Services’ Administration for Children and Families.
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!