

AAP-CA3 American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
California Chapter 3 - San Diego and Imperial Counties

Protective Factors: Restoring Nurture

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September 13, 2019

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We Can't Wait

Protective Factors: Restoring Nurture

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Dr. Carl Bell, University of Illinois



Risk factors
are not
predictive factors
because of
protective factors

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We Use Our ACEs to Treat ACEs

- **A**pproach
 - Relationship based, Builds on Families Strengths and Trains on Skills, Focused on Parent-Child Interaction
- **C**oordination
 - Systems and Family care coordination and case management (continuum based on need)
- **E**xcellence in Service Delivery
- **S**upports for Our Providers and Families

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Nurture Matters

- Nurture – to care for and to encourage the growth or development of
- A parent/caregiver is available and able to sensitively respond to and meet the needs of their child
- Nurture mitigates risk
- Nurture builds better brains



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Nurture as an Organizing Approach

- Promote Nurture to across the Life Span and throughout the community
- Goals to increase nurture for our
 - Children and Families
 - Service Providers
 - Organizations and Institutions
 - Community
 - Systems and Payors

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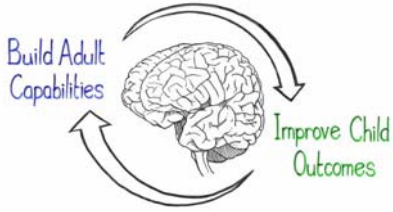
Dr. Urie Bronfenbrenner

Children don't grow up in programs...

They grow up in **families** and in **communities**

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Focus on Adults who Care for Children



If we really want to achieve breakthrough outcomes for children experiencing toxic stress, then we have to transform the lives of the adults who care for them.

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**A family support system:
What does it look like?**



Light touch family support in the settings families are in every day

Connections to and support from dedicated family support resources

Connections to more intensive services when needed

Navigation supports to help make the connections

Common language and commitment to helping families build protective factors

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Family Protective Factors

The diagram shows five colored boxes representing protective factors: Parental resilience (red), Social connections (green), Knowledge of parenting and child development (purple), Concrete support in times of need (teal), and Social and emotional competence of children (orange). Below the boxes is the text 'Nurture and Attachment?' and the logo for the Center for the Study of Social Policy's 'strengthening families' program.

Parental resilience

Social connections

Knowledge of parenting and child development

Concrete support in times of need

Social and emotional competence of children

Nurture and Attachment?

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strengthening families
A NATIONAL TECHNICAL ASSISTANCE PROGRAM

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Parental resilience
Managing stress and functioning well when faced with challenges, adversity and trauma

How our everyday actions can help

- Projecting a positive & strengths-based approach to all families
- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Support parents as decision-makers for their families and communities and help build decision-making and leadership skills

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Parental resilience
Managing stress and functioning well when faced with challenges, adversity and trauma

How our everyday actions can help

- Normalize the fact that parenting is stressful and help the parent plan proactively about how to respond to stressful parenting situations
- Validate and support good decisions
- Encourage parents to manage stress effectively
- Encourage parents to take care of themselves, particularly during stressful times
- Help parents understand how to buffer their child during stressful times

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Parental resilience
Managing stress and functioning well when faced with challenges, adversity and trauma

Questions to ask

- Where do you draw your strength?
- How does this help you in parenting?
- What are your dreams for yourself and family?
- What kind of worries and frustrations do you deal with during the day? How do you solve them?
- How are you able to meet your children's needs when you are stressed?
- How does your spouse, partner, or closest friend support you? When you are under stress, what is most helpful?
- What do you do to take care of yourself when you are stressed?

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strengthening families
A PREVENTIVE SERVICES ORGANIZATION

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Parental resilience
Managing stress and functioning well when faced with challenges, adversity and trauma

What to look for

- Problem solving skills
- Ability to cope with stress
- Self-care strategies
- Help-seeking behavior
- Receiving mental health or substance abuse services if needed
- Not allowing stress to impact parenting

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Parental resilience
Managing stress and functioning well when faced with challenges, adversity and trauma

Activities to do with parents

- Ask the parent to write down their self-care strategies and ensure that they are taking time for self-care each day
- Ask the parent to identify situations they find stressful and make a plan in advance for how they will keep themselves calm and centered in these circumstances

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Positive Childhood Experiences Help

- The positive experiences with the greatest protective impact for those with 4+ ACEs included
 - feeling that your family stood by you in hard times and
 - having someone to talk with about difficult feelings.
- Sege, R., Bethell, C., Linkenbach, J., Jones, J., Klika, B. & Pecora, P.J. (2017). *Balancing adverse childhood experiences with HOPE: New insights into the role of positive experience on child and family development.* Boston: The Medical Foundation

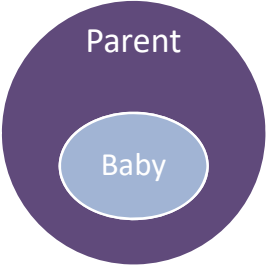
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Parents and Caregivers are Central

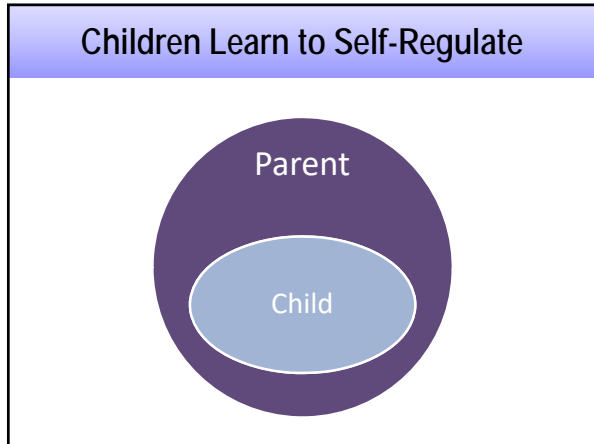


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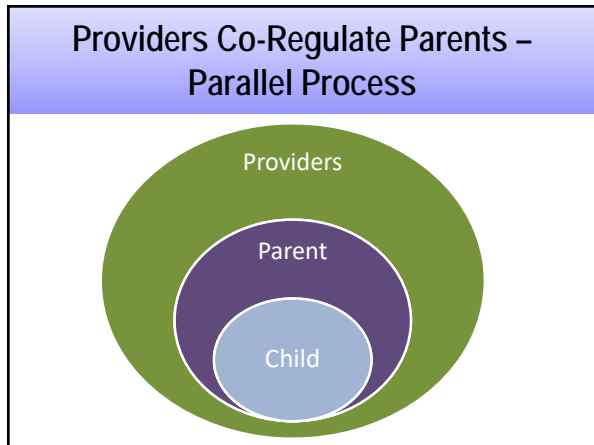
Babies Need Co-Regulation



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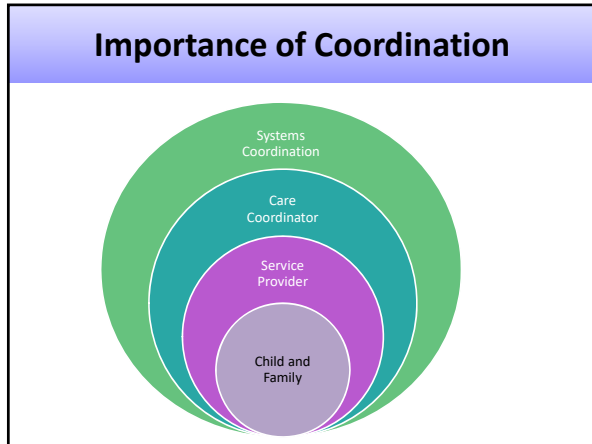
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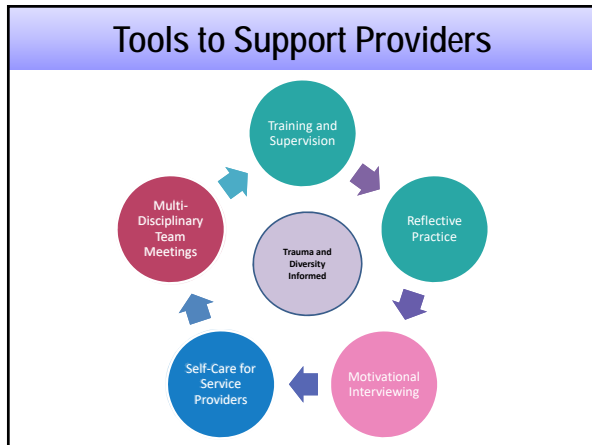
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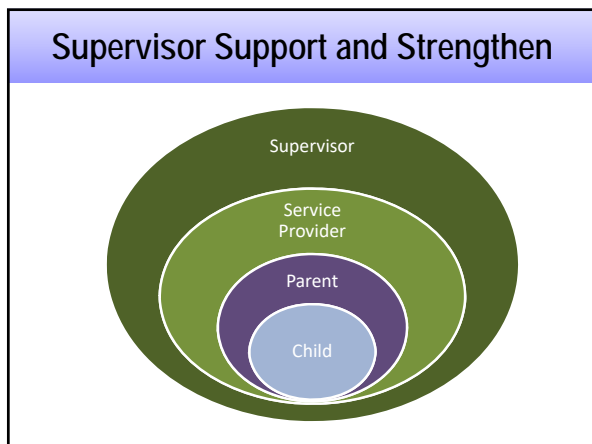
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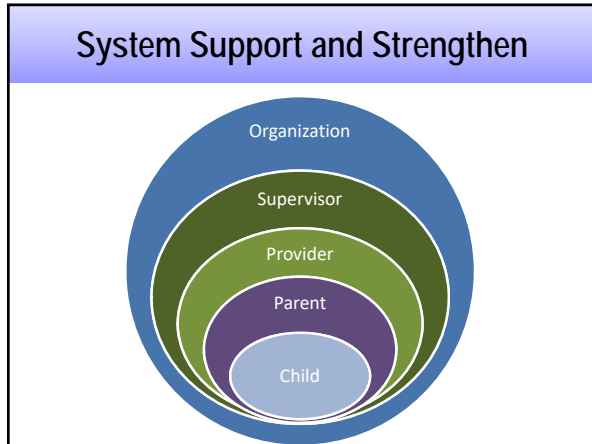
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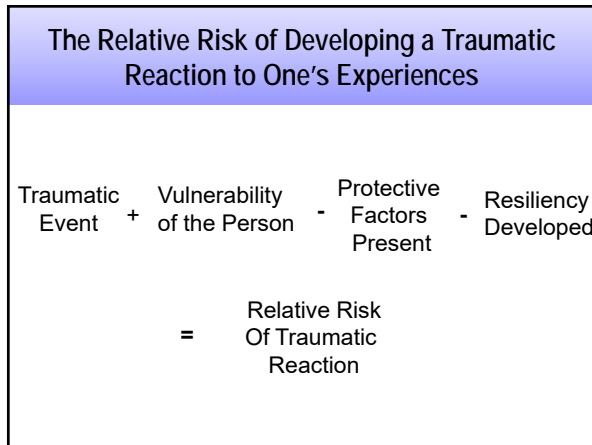
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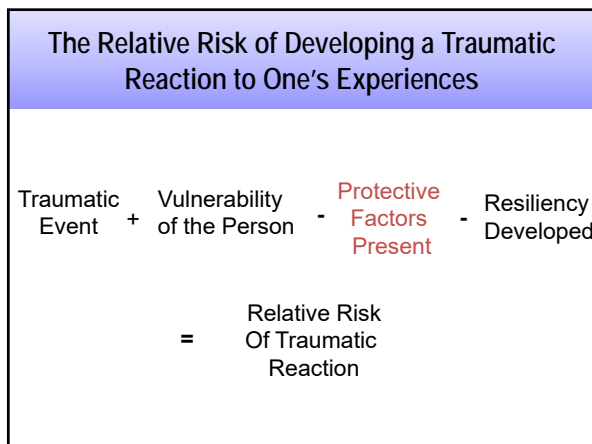
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What can one person do?

- How you can become a Protective Factor

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40 Developmental Assets for 3-5 year old

- **External**
 - Family support
 - Family communication
 - Other adult relationships
 - Caring neighbors
 - Caring climate
 - Parents involved in child care
 - Community values young children
 - Children seen as resources
 - Service to others
 - Safety
 - Family boundaries
- Boundaries in child-care settings
- Neighborhood boundaries
- Adult role models
- Positive peer relationships
- Positive expectations
- Play and creative activities
- Out-of-home programs
- Religious community
- Time at home



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40 Developmental Assets for 3-5 year old

- **Internal**
 - Motivation to mastery
 - Engagement in learning
 - Home-program connection
 - Bonding to programs
 - Early literacy
 - Caring
 - Equality and social justice
 - Integrity
 - Honesty
 - Responsibility
 - Self-regulation
- Planning and decision making
- Interpersonal skills
- Cultural awareness and sensitivity
- Resistance skills
- Peaceful conflict resolution
- Personal power
- Self-esteem
- Sense of purpose
- Positive view of their future



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Michael Rutter & the Isle of Wight Study

- The more risks you face, the more likely you are to develop a mental health disorder
- Protective factors changed your chance of developing a disorder
- Many protective factors helped
 - Genetics, personality, and temperament interact with the environment
 - Environment mattered more than genes
- Examples
 - Parental warmth (from at least one parent)
 - Turning point experiences

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**So, one person can become a protective
factor**

- Develop a **nurturing, on-going relationship** that seeks to know and admire the young person
- Seek to help the young person see **themselves** in a hopeful, competent, masterful way with confidence that the future can be good (or better)
- Provide the opportunity for **“turning point experiences”** that help the young person see themselves in a different light, develop relationships with new people, and learn new skills in a different environment

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