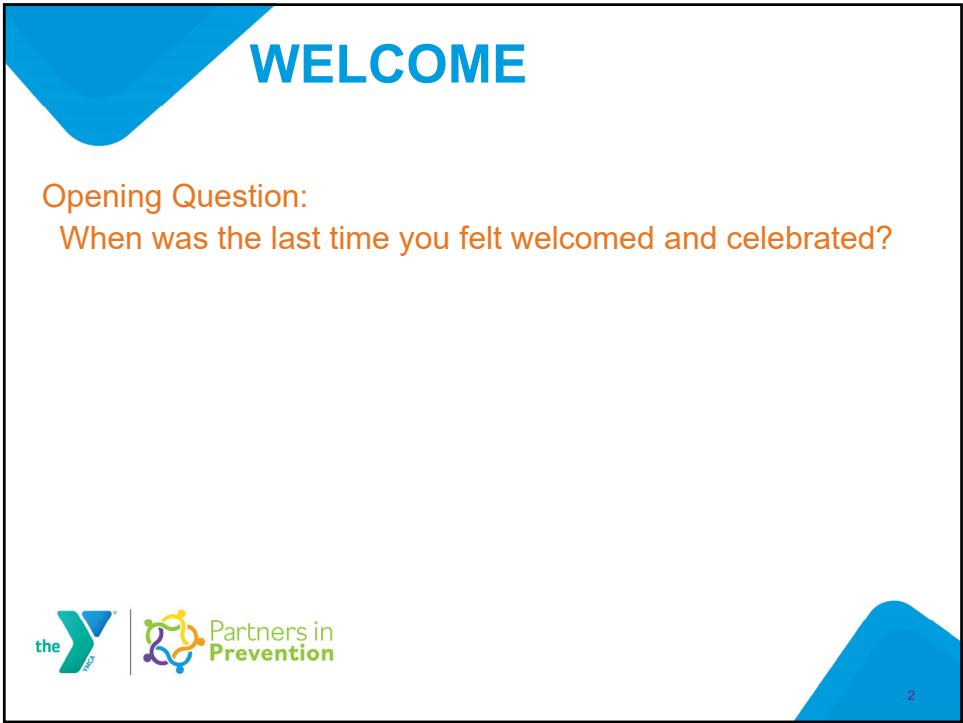




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OUTLINE

INTRODUCTION

- Welcome and Introductions
- Goals and Objectives of the Training

FOCUS

- Introduction to the Protective Factors Framework
- Strength-Based Theory

FRAMEWORK

- Introducing the Pathway to Improved Outcomes for Children and Families
- Strategies and Everyday Actions to Build These Protective Factors


ACTION

- Understanding and Putting Aside Our Biases
- Culture and Family Strengths
- The Critical Role Parents Play in Strengthening Families

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GOALS

- List five protective factors that help keep families strong and prevent child abuse and neglect.
- Identify multiple strategies and everyday actions that help families to build those protective factors.
- Understand what it means to work with families in a strength-based way.

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STRENGTH-BASED THEORY:  
Looking at Families Through a Different Lens

Focus on what’s strong,  
not what’s wrong!



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## ACES – Adverse Childhood Experiences

**Three Types of ACEs:**

Abuse	Neglect	Household Dysfunction
Physical	Physical	Mental Illness
Emotional	Emotional	Mother Treated Violently
Sexual		Divorce
		Incarcerated Relative
		Substance Abuse

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## WHAT IMPACT DO ACES HAVE?

**As the Number of Aces Increases,  
So Does the Risk for Negative Health Outcomes**

0 ACEs    1 ACE    2 ACEs    3 ACEs    4+ ACEs

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# WHAT IMPACT DO ACES HAVE?


*Possible Risk Outcomes Include*


## Behavior

- Lack of Physical Activity
- Smoking
- Alcoholism
- Drug Use
- Missed Work

## Physical and Mental Health


- Severe Obesity
- Diabetes
- Depression
- Suicide Attempts
- STDs
- Heart Disease
- Cancer
- Stroke
- COPD
- Broken Bones





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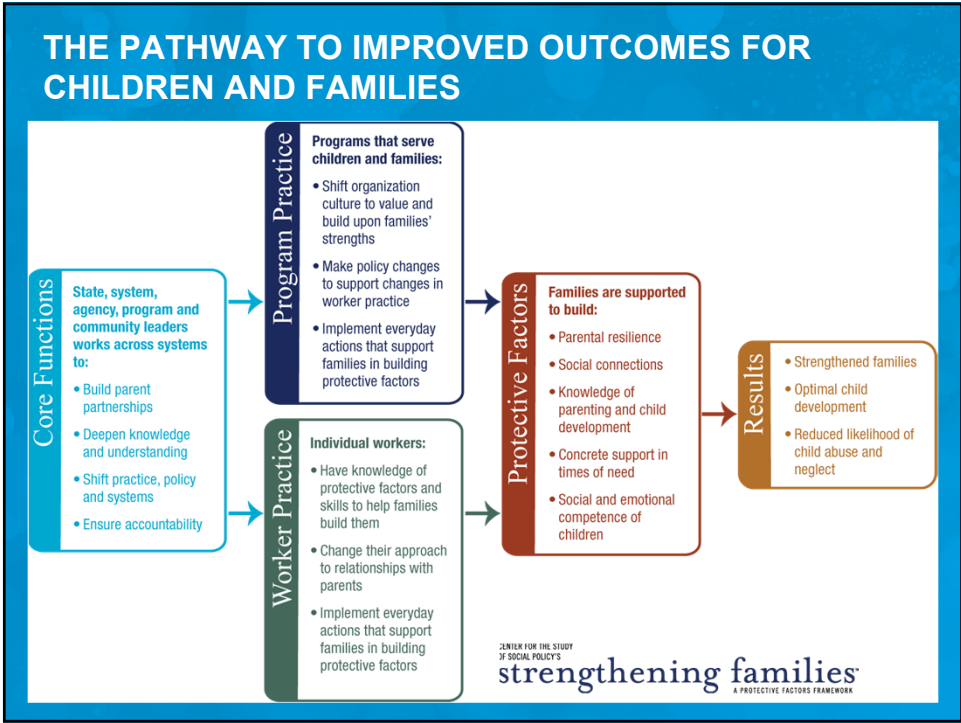
# ACTIVITY



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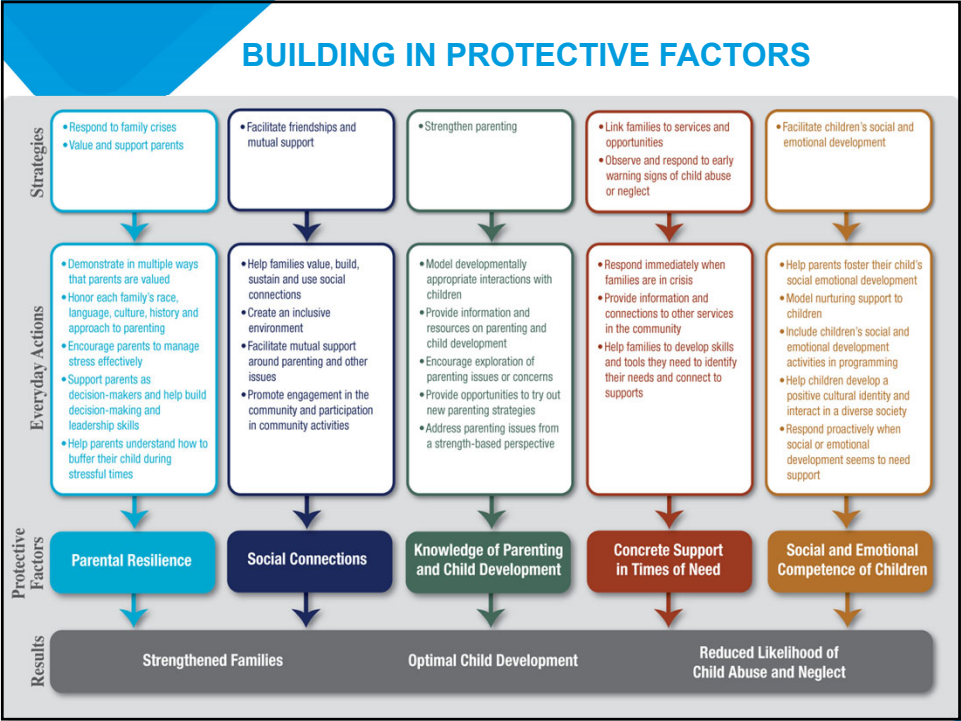


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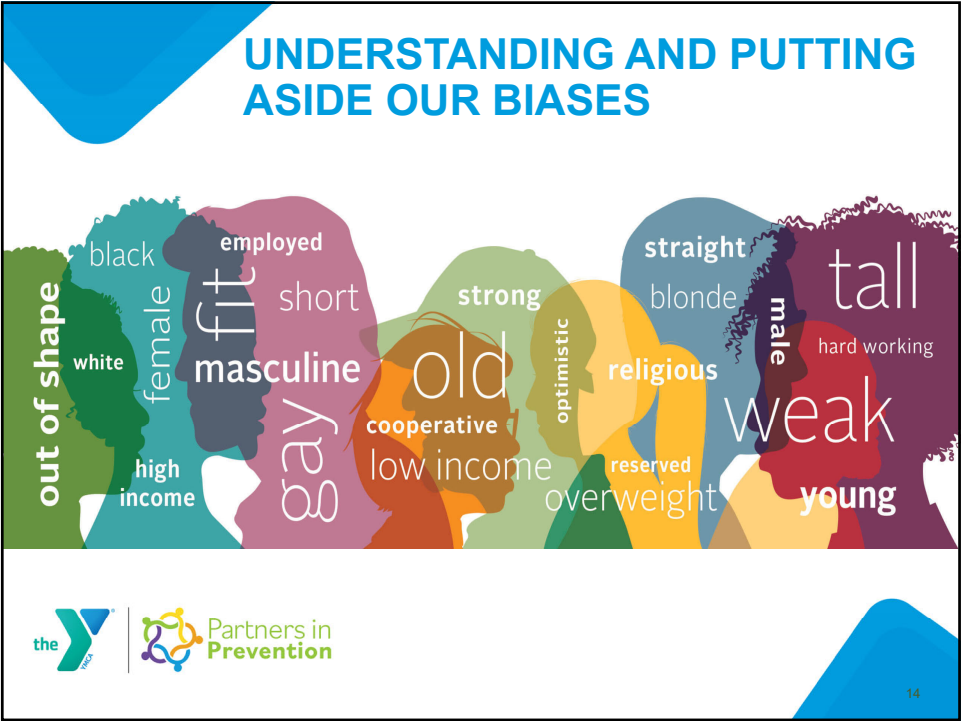
PROTECTIVE FACTORS	
Protective Factor	Definition
Parental Resilience	The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.
Social Connections	Positive relationships that provide emotional, informational, instrumental and spiritual support.
Knowledge of Parenting and Child Development	Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.
Concrete Support In Times of Need	Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.
Social and Emotional Competence of Children	Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

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FOUR CORNERS

A single parent who is working two jobs, has no transportation, and does not bring his/her child to the center on time.

A parent who just moved here to the city, appears to have an alcohol problem, and has a child with special needs.

An undocumented immigrant who works a construction job at night, has very limited English skills, and has three children.

A parent of two preschoolers who is in a wheelchair because of cerebral palsy and whose extended family lives very far away.


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Protective Factors Are Dependent on Culture

As we consider each Protective Factor, ask yourself:

1. How does culture impact this Protective Factor in a family?
2. How does your own culture shape how you feel, how you react and what you say or think?
3. How does culture impact what you are teaching?

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CIRCLES OF MY MULTICULTURAL SELF

• Share a story about a time when you were **especially proud to identify** with one of the descriptors you used.

• Share a story about a time it was especially **painful to be identified with** one of your identifiers or **descriptors**.

• Name a **stereotype** associated with one of the groups with which you identified that is **not consistent** with who you are. Fill in the following sentence:

• I am (a/an) \_\_\_\_\_ but I am NOT (a/an) \_\_\_\_\_.

DESCRIPTOR #1

DESCRIPTOR #2

NAME

DESCRIPTOR #3

DESCRIPTOR #4

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BUILDING PARTNERSHIPS WITH FAMILIES

The family is the center of a child’s life; working with parents gives us a more holistic view of how to support and strengthen that family.

Highly involved families almost double the positive odds for their children in education, health promotion and social-emotional development.

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# WHY DO PARENTS GET INVOLVED?

THEY BELIEVE:

The issue is important to them and their family.

They have something to contribute.

They will be listened to and their contributions respected.

Their participation will make a difference.



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# HOW DO PARENTS STAY INVOLVED?

FAMILY PARTICIPATION

- Has an impact and is appreciated.

FAMILIES RECEIVE:

- Advanced notice and multiple opportunities for participation.
- Support with childcare, transportation, dinner, some form of compensation, educational benefits.
- Attention to their ideas are supported and respected.



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# ENGAGING PARENTS

Ask parents what they want and need from your program.


Frame it in terms of the protective factors:



What’s hard about parenting?

How can we be a more welcoming place for parents, where families feel comfortable asking for help or advice?

How can we reach out to and support families when they are overwhelmed, stressed or isolated?

How can we make it easier for parents to connect to each other?





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Parental Resilience

EXERCISE FLEXIBILITY & DEVELOP INNER STRENGTH



Flexibility & Inner Strength = Resilience

Resilience makes your family STRONG



Concrete Support in Times of Need

ASK FOR HELP



Meeting your needs through community support & resources makes your family STRONG

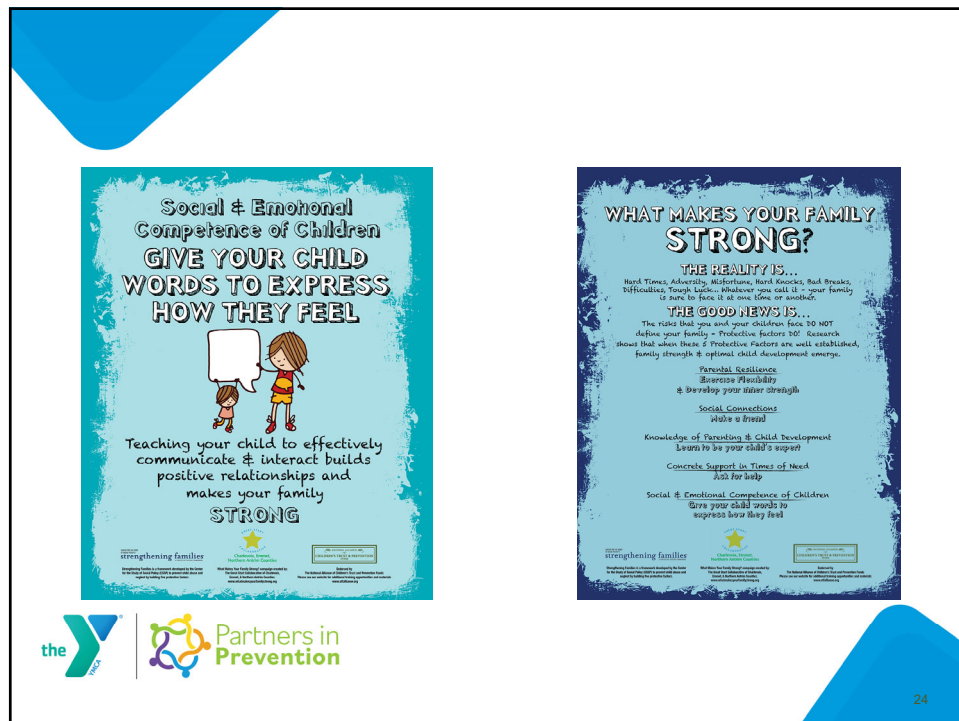


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## FEEDBACK & EVALUATION

Please provide your feedback!  
We strive to make this a valuable use of your time.

<https://forms.office.com/r/Ts3sfrj0aT>







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