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# Bringing Protective Factors to Life

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## *Parental Resilience*

Statewide Webinar  
Thursday | April 9, 2020 | 3:30pm – 5:00pm EST

# Welcome

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## Mr. Chris Lolley

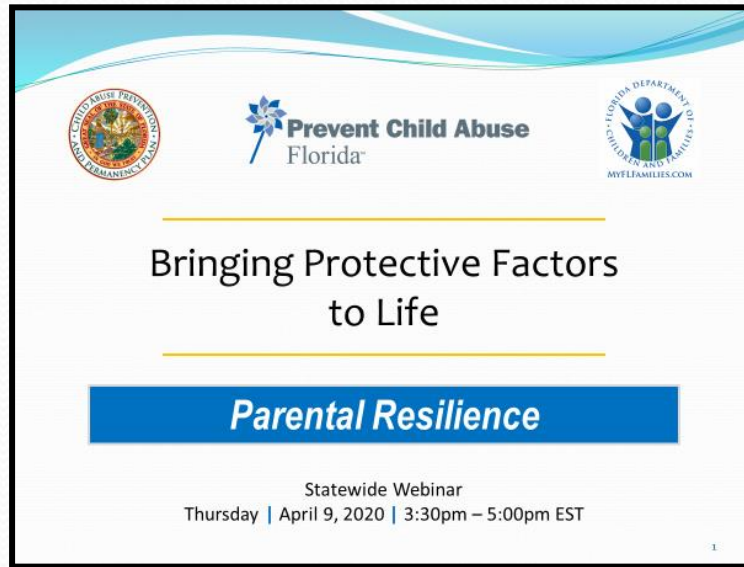
*Executive Director*

Prevent Child Abuse Florida

[clolley@ounce.org](mailto:clolley@ounce.org)

[www.PreventChildAbuseFL.org](http://www.PreventChildAbuseFL.org)





*A recording of this webinar and associated materials  
will be available at  
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For additional questions or comments, please email:  
Chris Lolley at [clolley@ounce.org](mailto:clolley@ounce.org) or  
Nydia Ntouda at [nntouda@ounce.org](mailto:nntouda@ounce.org)



EVERYONE CAN MAKE #GREATCHILDHOODS  
HAPPEN. ESPECIALLY YOU.



Pinwheels for  
**PREVENTION**

**Prevent Child Abuse**  
Florida

# Moderators

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**Ms. Sarah C. Sheppard**, B.S.  
Certified Recovery Peer Specialist (CRPS)  
Statewide Recovery Integration Specialist  
Substance Abuse Mental Health Program Office  
Florida Department of Children and Families

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**Ms. Maria A. Long**, B.A., M.Ed.  
Certified Community Health Worker (CCHW)  
Community Outreach Perinatal Educator (COPE)  
CityMatCH Leader & Consultant  
Advisory Board Member to Be Strong Families



# Getting to Know You

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*Using the “chat box”, please share:*

- ✓ Name,
- ✓ County, and
- ✓ Agency represented or  
Community Member

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# Conversation Norms

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- **Speak from your own experience/Speak your truth**- *Use “I” statements. Speak and own your truth, trusting that your voice will be heard and your contribution respected.*
- **Listen attentively & deeply**- *Allow others to speak. Listen to what is said; listen to the feeling beneath the word. Strive to achieve a balance between listening and reflecting, speaking and acting.*
- **Suspend judgement**- *Set aside your judgements. By creating a space between judgements and reactions, we can listen to each other, and to ourselves, more fully.*
- **Maintain confidentiality/Create a safe place**- *The stories stay, the lessons may leave.*



# The Change is Now!

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The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

– M. Scott Peck

# Tools to Navigate the Journey

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A PROTECTIVE FACTORS FRAMEWORK

## Protective Factors Framework



[www.cssp.org](http://www.cssp.org)

# Protective Factors Framework

**Parental Resilience**



*Being strong and flexible.*

**Positive Social Connections**



*Parents need friends.*

**Concrete Support in Times  
of Need**



*Everybody needs help  
sometimes.*

**Knowledge of Parenting  
& Child Development**



*Being a great parent is part  
natural and part learned.*

**Social & Emotional  
Competence of Children**



*Parents need to help their  
children communicate.*

*Note- Nurturing & Attachment are included within each factor.*

# What are Protective Factors?

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*Attributes or conditions of individuals, families, communities, or the larger society that reduce or eliminate risk and promote healthy development and well-being of children and families.*

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## **Protective factors can:**

- *Help ensure children and youth function well at home, in school, at work, and in the community – today and into adulthood.*
- *Serve as a buffer – helping parents, who might otherwise be at-risk of abusing/neglecting their children, find inner strength, resources, supports, and/or healthy coping strategies that allow them to parent effectively, even under stress.*

# Participant Perspectives

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*Using the “chat box”, please share:*

When you're stressed out, overwhelmed, anxious, tired, irritable, and short-tempered, how do these feelings impact your ability to provide a safe space and place for your child?

## What We Know:

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*Families thrive when  
**protective factors**  
are robust in their lives and  
communities.*

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A PROTECTIVE FACTORS FRAMEWORK

# Building Protective Factors

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- ✓ Take Care of Yourself.
- ✓ Commit to being a Strong Parent.
- ✓ Build a healthy relationship with each of your children.

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A PROTECTIVE FACTORS FRAMEWORK

## *Parental Resilience*

(Being Strong & Flexible)





# Parental Resilience



# *Parental Resilience*

## **Why is it important?**

- Resilient parents can manage stress and function well when faced with challenges, adversity, or trauma.
- Resilient parents maintain positive attitudes, have better relationships with their children, and are consistent in managing their children's emotions and behavior.
- A parent's response to stressful situations can have a positive impact on their child's development by modeling positive ways to handle life's adversities.

# Parental Resilience

## Strengths

**External Strengths** may include supported relationships with family, friends, neighbors, and the community, as well as access to needed resources.

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My mind, body and spirit are strong • I take time each day to rejuvenate and recharge • I draw from a deep well of peace and calm • I breathe in strength and release my fears • I go after my heart's deep desires • I can accomplish anything • All of my dreams are coming true • I focus on my goal and have the strength to make it happen

### STRENGTH

I choose to be unstoppable • I am strong • I act in spite of my fears • I am bigger than my concerns and worries • I go for it with gusto! • I can do anything I put my mind to • Each day I am getting stronger • I take great care of myself • The strength of others inspires me daily • I trust my intuition and live a courageous life

**Internal Strengths** are not just about those attributes we are born with, they are about skills and abilities that can be learned and practiced. Inner strengths may include spirituality and faith, humor and flexibility, coping, problem solving and stress management skills.

# *Parental Resilience*

## What does it look like?

### ***To general life stress:***

- Hope, optimism, self-confidence.
- Problem-solving skills.
- Self-care and willingness to ask for help.
- Ability to manage negative emotions.

### ***To parenting stress:***

- Not allowing stress to interfere with nurturing.
- Positive attitude about parenting and child(ren).

# Participant Perspectives

*Using the “chat box”, please share:*

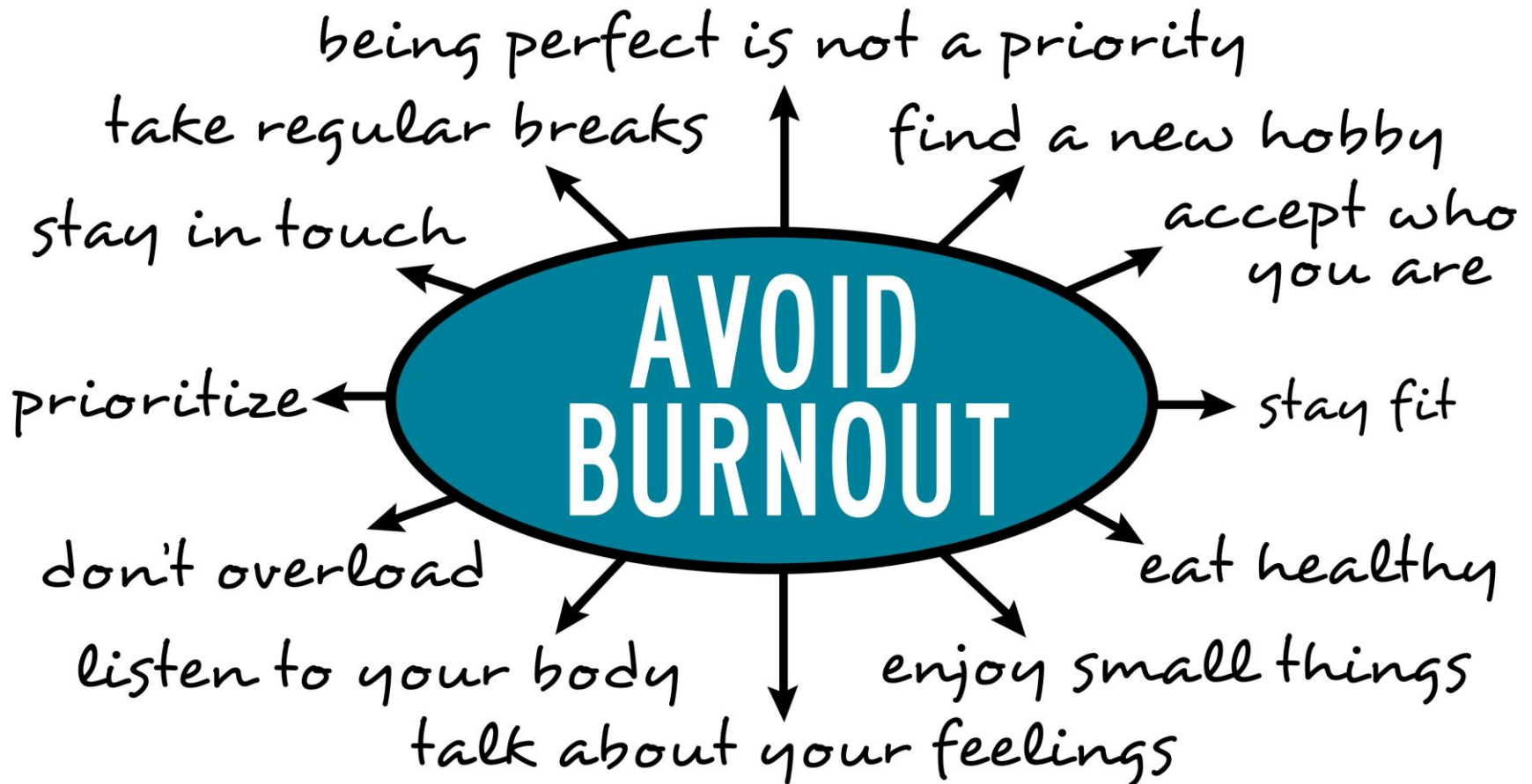
Based on a current challenge your family is facing, how is the Parental Resilience protective factor involved, or how should it be involved?

# *Parental Resilience*

## What can parents do to build resiliency?

- ✓ Nurturing and self-care are important to resilience.
- ✓ Have a place in your home for quiet time to refresh and re-energize physically and mentally.
- ✓ Share your feelings with someone you trust, who can identify with you, and support you.
- ✓ Surround yourself with people who make you feel confident and competent.

# Parental Resilience



# *Parental Resilience*

- What makes you weak and inflexible?
- How do you stay strong and flexible?
- Given what makes you weak and inflexible, what will you do to become more flexible?

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*I build my strength and flexibility by ...*



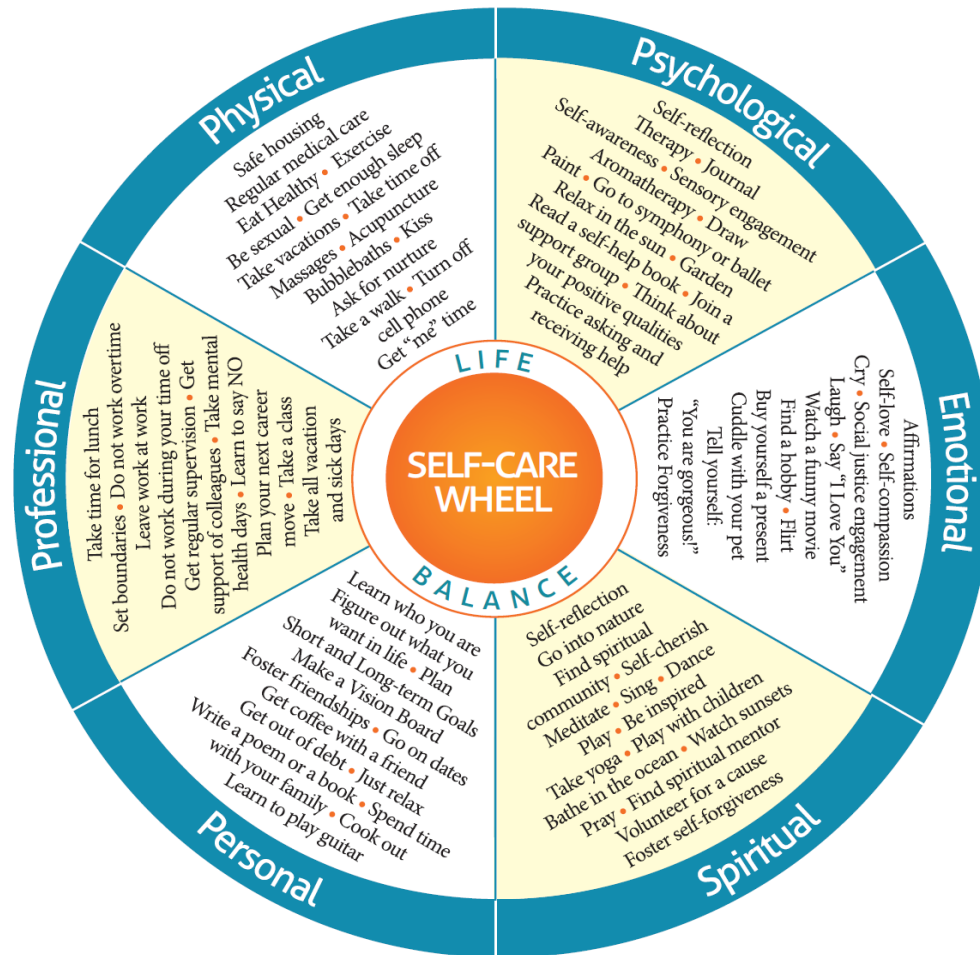
# Participant Perspectives

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*Using the “chat box”, please share:*

I build my strength and flexibility by...

# Parental Resilience





When Spiders Unite, They Can Tie Up A Lion!

*----African Proverb*

# Moving Forward

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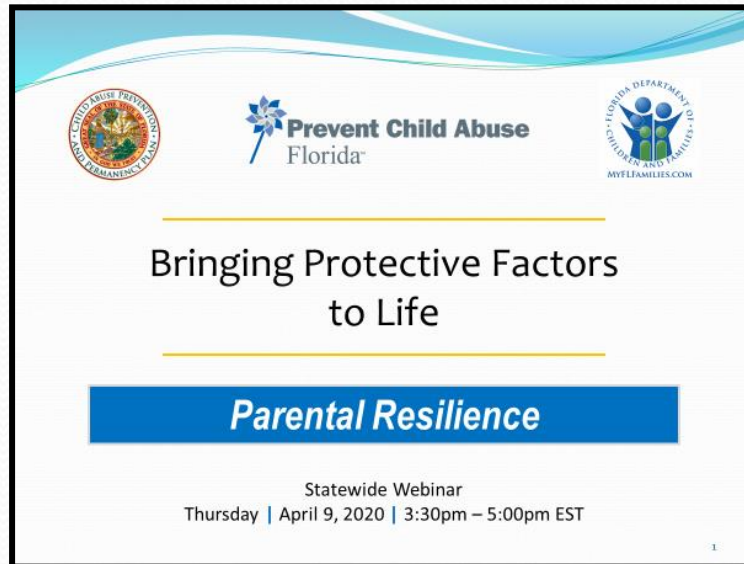
*How has today's experience impacted you?*



# Bringing Protective Factors to Life in your Community

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- Community Cafés create safe spaces and time for meaningful conversation and learning.
- All parents are encouraged to participate and bring their experience, strengthen, and hope.
- We are working with partners to bring Cafés virtually.
- To bring protective factors to life in your community, please contact Prevent Child Abuse Florida.

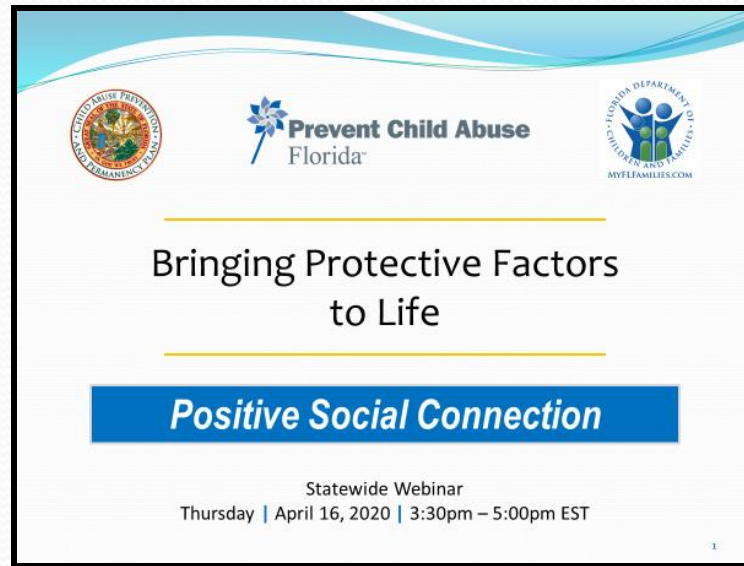


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Nydia Ntouda at [nntouda@ounce.org](mailto:nntouda@ounce.org)

***Please join us next Thursday,***  
**April 16, 2020 at 3:30pm EST**



The graphic is a white rectangular box with a black border. At the top, there are three logos: the State of Florida seal on the left, the 'Prevent Child Abuse Florida' logo in the center, and the 'FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES' logo on the right. Below the logos, the text 'Bringing Protective Factors to Life' is centered between two horizontal yellow lines. Underneath this, a blue rectangular box contains the text 'Positive Social Connection' in white. At the bottom, the text 'Statewide Webinar' is centered, followed by 'Thursday | April 16, 2020 | 3:30pm – 5:00pm EST'. A small number '1' is in the bottom right corner.

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Please visit  
[www.PreventChildAbuseFL.org](http://www.PreventChildAbuseFL.org)  
for more information.

**Thank  
You**

*Mahalo*

**Kiitos**

*Tack*

**Toda**

**Grazie**

*Obrigado*

**Thanks**

**Takk**

**Gracias**

**Merci**

For Bringing Protective Factors to Life!