



Bringing Protective Factors to Life

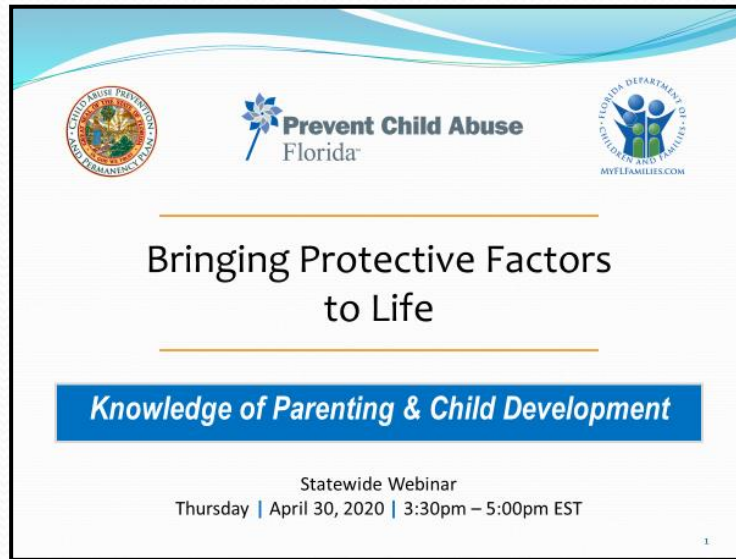
Knowledge of Parenting & Child Development

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

Welcome

Mr. Chris Lolley
Executive Director
Prevent Child Abuse Florida
clolley@ounce.org
www.PreventChildAbuseFL.org





*A recording of this webinar and associated materials
will be available at*
www.PreventChildAbuseFL.org

For additional questions or comments, please email:
Chris Lolley at clolley@ounce.org or
Nydia Ntouda at nntouda@ounce.org



EVERYONE CAN MAKE #GREATCHILDHOODS
HAPPEN. ESPECIALLY YOU.



Pinwheels for
PREVENTION

Prevent Child Abuse
Florida

Special Guest

Dr. Anne Hogan

Applied Developmental Psychology
Florida State University

Co-Author of the Partners for a Healthy Baby Curriculum
Co-Leader of the Florida Infant Mental Health
-Infant Mental Healthy Endorsement Committee



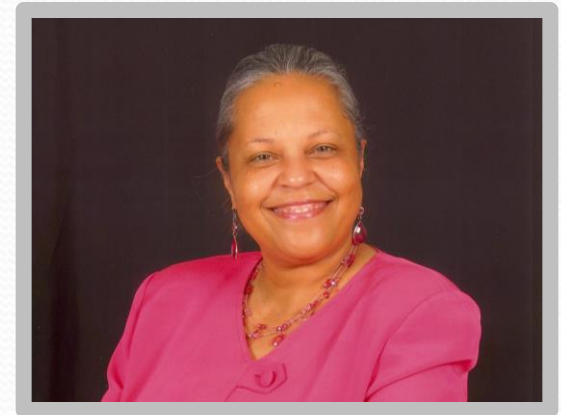
Presenter

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



Presenter

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



Moderator

Ms. Janelle King

Interagency Youth Engagement and
Restorative Practices Specialist
Office of Child Welfare
Florida Department of Children and Families



Getting to Know You

Using the “Question Box”, please share:

- Where you're from:
 - ✓ *County*
 - If you're representing as a: *(share all that may apply)*
 - ✓ *“Name of Agency” Member*
 - ✓ *Community Member*
 - ✓ *Parent*
-

Conversation Norms

- **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!

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

The Change is Now!

To the world, you may be one person, but to one person, you may be the world.

– Unknown

Tools to Navigate the Journey

CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™
A PROTECTIVE FACTORS FRAMEWORK

Protective Factors Framework



www.cssp.org

Protective Factors Framework

Parental Resilience



Being strong and flexible.

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?

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.

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.*
-

What We Know:

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

CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™
A PROTECTIVE FACTORS FRAMEWORK

Building Protective Factors

✓ Take Care of Yourself.



✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.



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OF SOCIAL POLICY'S

strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

Knowledge of Parenting & Child Development

(Being a Great Parent is Part Natural and Part Learned)



Participant Perspectives

Using the “Question Box”, please share:

As a parent, how are you the
same & different
from your parents?

Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

What's involved?

- *Nurturing parent behaviors*
 - *Appropriate developmental expectations*
 - *Creating a developmentally supportive environment*
 - *Positive discipline techniques; effectively managing your child's behaviors*
 - *Recognizing and responding to your child's specific needs*
-

Knowledge of Parenting

What does it look like?

- *Modeling **developmentally appropriate interactions** for and with their children.*
 - ***Recognizing the need for help** and seeking information and resources to support parenting and child development.*
 - ***Being observant and asking questions** to expand child's awareness, knowledge and understanding of the world.*
 - *Addressing parenting areas of improvement **from a strength-based perspective.***
-

Knowledge of Parenting

Why is it important?

Enables parents to:

- *Assess how they were parented is impacting the way they currently parent.*
 - *Acquire new knowledge and information that allows them to evaluate experiences of their own development with their current parenting approaches to child development.*
 - *Seek and consider new and more effective ways of guiding and responding to their children and their needs.*
-

Participant Perspectives

Using the “Question Box”, please share:

What strategies do you use as a parent that you didn't get from your parents?

Why did you develop them?

Participant Perspectives

Using the “Question Box”, please share:

What knowledge of parenting assists you
with being a good parent
and how do you use it?

Participant Perspectives

Using the “Question Box”, please share:

How did you learn
what you don't know as a parent?

Participant Perspectives

Using the “Question Box”, please share:

What good advice have you gotten from other parents about raising your children?

Knowledge of Child Development

What is it?

- **Domains & Interconnections**- *Physical, cognitive, language, social and emotional development*
 - **“Inside & Outside”**- *Factors that promote or inhibit healthy child outcomes*
 - **Warning Signs** - *Signs a child may have a developmental delay &/or need special help*
 - **Culture** - *Factors that influence parenting practices and the perception of children*
 - **Guidance/Discipline** – *Ways to positively impact child behavior*
-

Knowledge of Child Development

What about Early Emotions?

Early Emotions are both Signals and Motivators

- **First Year: Primary Emotions**
 - *Includes Comfort, Distress, Interest, Joy, Anger and Fear*

- **Second Year: Socialized Emotions**
 - *Includes Pride, Shame and Empathy*

Knowledge of Child Development

Why is it important?

Enables parents to:

- *Understand the importance of early brain development on a child's overall development.*
 - *Improve their observation skills.*
 - *Make sense of **why** their children behave the way they do and direct their children towards the desired behaviors.*
 - *Apply positive parenting methods and discipline that are developmentally appropriate and effective.*
-

Participant Perspectives

Using the “Question Box”, please share:

What do you know **now**,
but wished you knew **before**,
about child development?

Knowledge of Child Development

What does the science say?

- *The first 1,000 Days of a child's life (conception to 2 years of age) are essential:*
 - *A time of rapid and significant brain growth unlike any other during our lifetime.*
 - *Experiences/environment shape the process that will determine a strong/weak foundation for long-term learning, behavior and health.*
 - *A time in which the foundation for intellectual, social, emotional and moral development is established.*
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Knowledge of Child Development

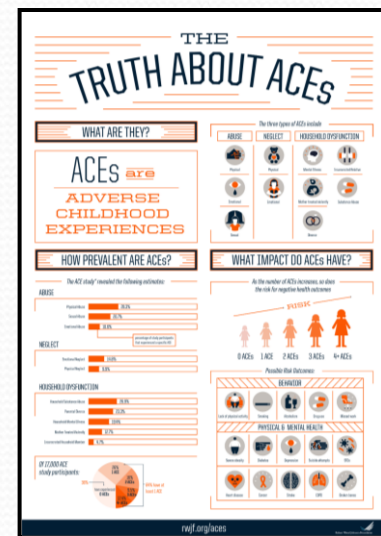
What does the science say?

- *Developing brains need proper nutrition, regularly scheduled periods of sleep, physical activity and a variety of stimulating experiences.*
 - *A time of key brain growth connection processes:*
 - Synaptic Growth/Burst
 - Synaptic Pruning/Selection
 - Myelination/Speed Up
 - *Loving, caring, nurturing and safe caregiver relationships are key to developing secure attachments early and learning to cope with stress later.*
-

Knowledge of Child Development

What does the science say?

- When children experience **Adverse Childhood Experiences** (abuse, neglect, household dysfunction), they may:
 - Experience short- and long-term chronic health conditions.
 - Have a shorter life span.
 - Engage in social unacceptable and risky behaviors.
 - Have higher rates of substance misuse (drugs and alcohol), suicide attempts, obesity and early sexual initiation.





Sarah's family and her story on
Parenting and Child Development

Participant Perspectives

Using the “Question Box”, please share:

How would you know if your child wasn't
on track developmentally,
and what would you do about it?

Participant Questions

Using the “Question Box”, please share:

What questions do you have about Knowledge of Parenting and Child Development or about previous Protective Factors discussed?



When Spiders Unite, They Can Tie Up A Lion!

----African Proverb

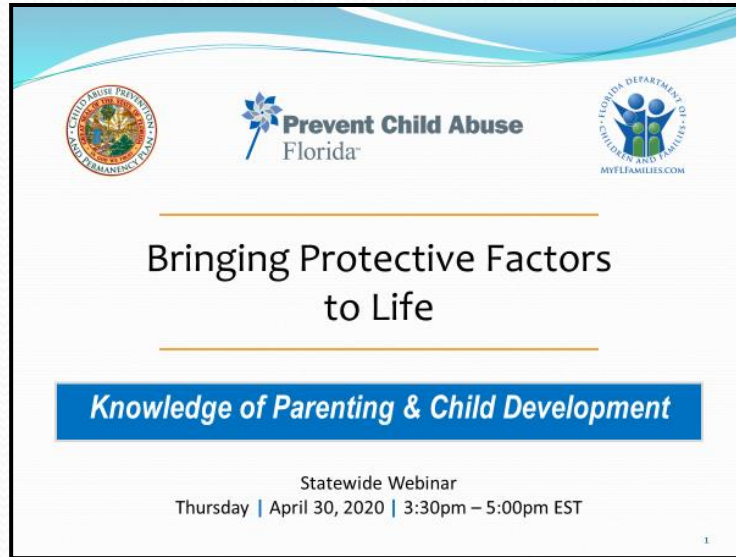
Bringing Protective Factors to Life in your Community

- 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 Chris Lolley at Prevent Child Abuse Florida.

Moving Forward

How has today's experience impacted you?

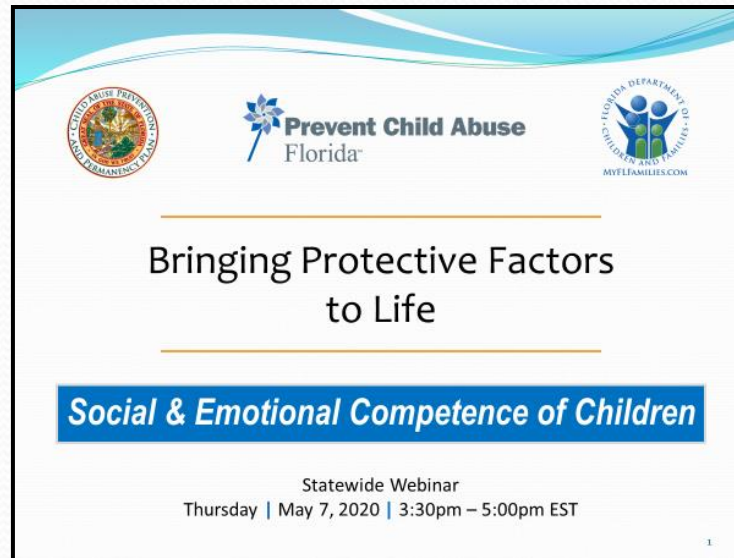




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Please join us next Thursday,
May 7, 2020 at 3:30pm EST



The slide features three logos at the top: the Florida Department of Children and Families 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 reads "Bringing Protective Factors to Life" and "Social & Emotional Competence of Children" in a blue box. At the bottom, it says "Statewide Webinar Thursday | May 7, 2020 | 3:30pm – 5:00pm EST" and a small number "1" in the bottom right corner.

Visit
www.PreventChildAbuseFL.org
for more information.

**Thank
You**

Mahalo

Kiitos

Tack

Toda

Grazie

Obrigado

Thanks

Takk

Gracias

Merci

For Bringing Protective Factors to Life!