Bringing Protective Factors to Life

Parental Resilience

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

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![Pinwheels for Prevention Logo](logo.png)
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.
Moderators

**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

**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
Using the “chat box”, please share:

✓ Name,
✓ County, and
✓ Agency represented or Community Member
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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
Tools to Navigate the Journey

Protective Factors Framework

www.cssp.org
## Protective Factors Framework

<table>
<thead>
<tr>
<th>Factor</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Parental Resilience</td>
<td>Being strong and flexible.</td>
</tr>
<tr>
<td>Positive Social Connections</td>
<td>Parents need friends.</td>
</tr>
<tr>
<td>Concrete Support in Times of Need</td>
<td>Everybody needs help sometimes.</td>
</tr>
<tr>
<td>Knowledge of Parenting &amp; Child Development</td>
<td>Being a great parent is part natural and part learned.</td>
</tr>
<tr>
<td>Social &amp; Emotional Competence of Children</td>
<td>Parents need to help their children communicate.</td>
</tr>
</tbody>
</table>

**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.
Participant Perspectives

Using the “chat box”, please share:

When you’re stressed out, overwhelmed, anxious, tired, irritable, and short-tempered, how do these feeling impact your ability to provide a safe space and place for your child?
What We Know:

Families thrive when protective factors are robust in their lives and communities.
Building Protective Factors

✓ Take Care of Yourself.

✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.
Parental Resilience

(Being Strong & Flexible)
Parental Resilience

MENTAL RESILIENCE

- like yourself
- count on friends
- ask for help
- get fit
- set goals
- relax & let go
- try something new
- take the bad with the good
- adapt to change
- dare to say no
- go for it
- talk about it
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.
**External Strengths** may include supported relationships with family, friends, neighbors, and the community, as well as access to needed resources.

**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.
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).
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?
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

- being perfect is not a priority
- take regular breaks
- find a new hobby
- accept who you are
- stay fit
- eat healthy
- enjoy small things
- talk about your feelings
- listen to your body
- don’t overload
- prioritize
- stay in touch

AVOID BURNOUT
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?

I build my strength and flexibility by ...
Using the “chat box”, please share:

I build my strength and flexibility by...
When Spiders Unite, They Can Tie Up A Lion!

----African Proverb
Moving Forward

How has today’s experience impacted you?

Self-Reflection
• 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.
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
Please join us next Thursday, April 16, 2020 at 3:30pm EST

Please visit www.PreventChildAbuseFL.org for more information.
For Bringing Protective Factors to Life!