Bringing Protective Factors to Life

Social & Emotional Competence of Children

Statewide Webinar
Thursday | May 7, 2020 | 3:30pm – 5:00pm EST
Welcome

Mr. Chris Lolley
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Pinwheels for PREVENTION
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
EVERYONE CAN MAKE #GREATCHILDHOODS HAPPEN. ESPECIALLY YOU.
Special Guest

Mr. Dillon Welliver
LMHC, MCAP, ACS, BC-TMH
Blue Sky Therapeutic Services
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
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
Remember...

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

– Unknown
Tools to Navigate the Journey

Protective Factors Framework
### Protective Factors Framework

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>Parental Resilience</td>
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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.
Building Protective Factors

✓ Take Care of Yourself.

✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.
Social & Emotional Competence of Children

(Parents Need to Help Their Children Communicate)
Social & Emotional Competence of Children

What is it?

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

www.cssp.org
## Social & Emotional Competence of Children

### Competencies

<table>
<thead>
<tr>
<th>Self-esteem</th>
<th>Persistence</th>
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<tr>
<td>Self-confidence</td>
<td>Conflict resolution</td>
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<tr>
<td>Self-efficacy</td>
<td>Communication skills</td>
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<td>Self-regulation/control</td>
<td>Empathy</td>
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<td>Personal agency (choices)</td>
<td>Social skills</td>
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<tr>
<td>Executive functioning</td>
<td>Morality</td>
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<td>Patience</td>
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www.cssp.org
Social & Emotional Competence of Children
Using the “Question Box”, please share:

How do you manage/regulate when your child’s feelings stir up negative feelings in you?
Social & Emotional Competence of Children

What does it look like for the Child?

- Quality primary relationships
- Communication skills
- Friendship skills, peer relationships
- Understand emotion, recognize and express feeling
- Problem-solving skills
What does it look like for the Child?

- Dealing positively with anger
- Ability to play
- Ability to exercise self-control and negotiate conflict
- Sharing, cooperation, and taking turns
Social & Emotional Competence of Children

What does it look like for the Parent?

• Warm and consistent responses that foster a strong and secure attachment with the child
• Encouraging and reinforcing social skills
• Setting limits
Using the “Question Box”, please share:

How are your children similar to and different from you, and how does that affect your communication?
Evidence shows that early and appropriate interventions focusing on social and emotional development can:

- Enhance children’s cognitive development, language skills, mental health, and school success.
- Help children recognize their own emotions and emotions of others.
- Assist children with taking on the perspective of others.
- Mitigate effects of negative experiences, life events, or chronic stressors.
- Support general well-being and physical and mental health through adulthood.
Social & Emotional Competence of Children

Examples

• Take care of your own needs.
• Providing a safe, loving environment for your child to feel comfortable communicating with you and expressing their emotions.
• When your child expresses their feelings and needs, be responsive and supportive.
• Set clear, reasonable expectations and limits
• Be a good role model – show how to be emotionally responsive and model empathy.
Social & Emotional Competence of Children

Examples

- Plan for situations that may arise.
- When negative behaviors arise, stay calm and try to give limited attention to the negative behavior – Separate emotion from actions.
- Create opportunities for children to solve problems.
- Celebrate the positives.
- Remember that children’s communication and coping skills are still developing.
Using the “Question Box”, please share:

How do you talk so your children will listen and how do you listen so your children will talk?
Maslow’s Hierarchy of Needs

**Deficiency Needs**
- Physiological needs: food, water, warmth, rest
- Safety needs: security, safety
- Belongingness and love needs: intimate relationships, friends
- Esteem needs: prestige and feeling of accomplishment
- Self-actualization: achieving one’s full potential, including creative activities

**Growth Needs**
- Motivation increases as needs are met.
- Motivation decreases as needs are met.

www.simplypsychology.org
Social & Emotional Competence of Children

TRAVMA INFLUENCES OUR BRAIN CHEMICALS AND STRUCTURE, TRAUMA INFLUENCES OUR PERSPECTIVES AND OUR VIEWS, TRAUMA INFLUENCES OUR BEHAVIORS.

- Our bodies are machines
- Homeostasis, any self-regulating process by which biological systems tend to maintain stability while adjusting to conditions that are optimal for survival. (Britannica)
- Fight, Flight, or Freeze reactions
- The inability to control cortisol release (the elephant in the room)
- Those who hold stress inside (worry, fret, shame, guilt, regret) have a higher risk of cancer; autoimmune
- Those who let stress out (anger, violence, screaming) have an increased risk of stroke and heart attack

DO CHEMICALS CONTROL EMOTIONS AND MENTAL HEALTH?

- Schizophrenia
- Anxiety
- Happiness
- Depression
- Love
- Stress

- Dopamine
- Serotonin
- Oxytocin
- Norepinephrine
- Epinephrine

Social & Emotional Competence of Children

Transformation
Key Principles of Nonviolent Communication (NVC)

- NVC = a needs consciousness language
- All people share the same desires/needs
- We differentiate between strategies and needs
  - There are many ways to get a need met, strategy is being stuck in one way
- A method for transforming conflicts while speaking with choice and honesty
Universal Human Needs and Feelings

- **Needs** versus strategies
- **Feelings** give information about needs being met or not being met
  - Feelings versus thought-feelings
- **Empathy** = Feelings and Needs
- **Empathy** is built on presence, understanding, and feelings and needs guesses
# Social & Emotional Competence of Children

## What Empathy is NOT

<table>
<thead>
<tr>
<th>Giving advice</th>
<th>Analyzing</th>
<th>Educating</th>
<th>Correcting</th>
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<tbody>
<tr>
<td>Ordering</td>
<td>Judging / Criticizing</td>
<td>Distracting / Avoiding</td>
<td>Explaining / Justifying</td>
</tr>
<tr>
<td>Sympathizing</td>
<td>Asking Questions</td>
<td>Feeding the Fire</td>
<td>Blaming</td>
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<td></td>
<td>One-Upping</td>
<td>Shaming</td>
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Social & Emotional Competence of Children

Bringing it all Together
Parent – Child Relationship
Participant Questions

Using the “Question Box”, please share:

What questions do you have about Social & Emotional Competence of Children 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?

Self-Reflection
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For Bringing Protective Factors to Life!