

Parental Resilience

Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action



Presented by:

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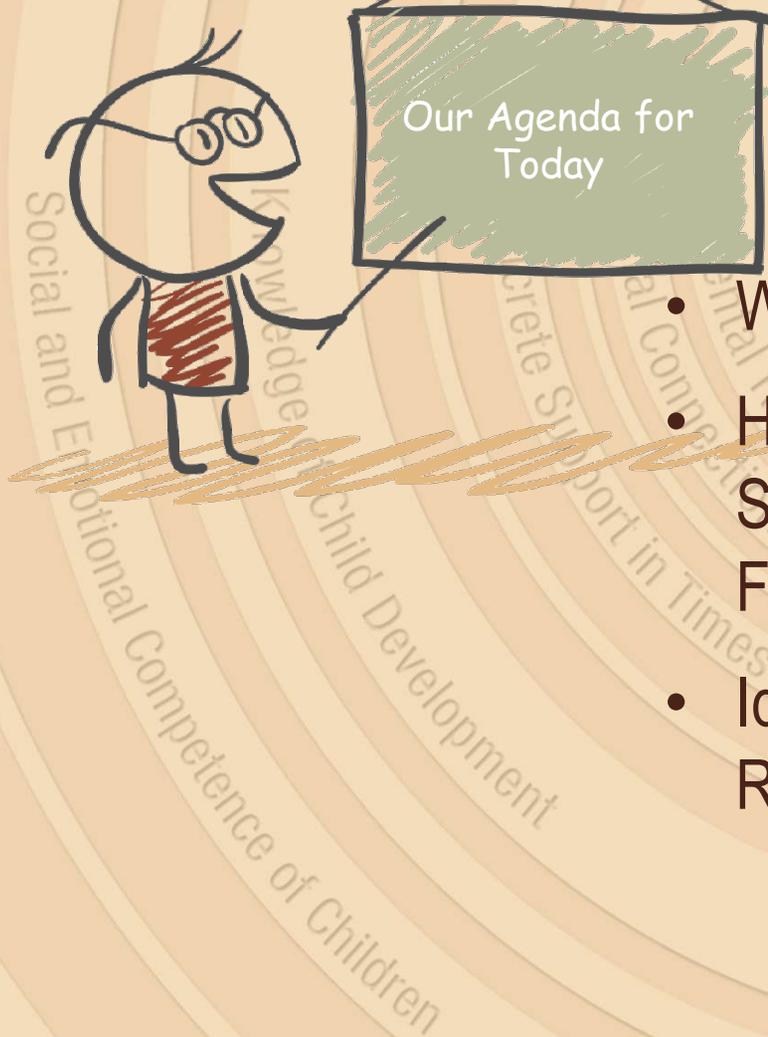
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The National Alliance of Children's Trust and Prevention Funds:

- Ensures all states have a strong and effective children's trust or prevention fund capable of leading and investing in strategies, policies and best practices that prevent child abuse and neglect before it occurs.
- Initiates and engages in national efforts that help state children's trust and prevention funds in strengthening families to prevent child abuse and neglect.
- Promotes and supports a system of services, laws, practices and attitudes that supports families by enabling them to provide their children with safe, healthy and nurturing childhoods.

Bringing the Protective Factors Framework to Life in Your Work



Essential Elements

- What is Resilience? What does it look like?
- How Parental Resilience Fits Into the Strengthening Families™ Protective Factors Framework
- Identify Everyday Actions that Build Resilience:

Bringing the Protective Factors Framework to Life in Your Work

Three Common Threads Throughout the Framework

1. The Strengthening Families™ Protective Factors Framework
2. The importance of culture
3. The critical role parents play in strengthening families

Bringing the Protective Factors Framework to Life in Your Work

Defining Resilience

Social and Emotional Competence of Children

Knowledge of Child Development

Concrete Support in Times of Need

Social Connections

Parental Resilience

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Parental Resilience

Don's Resilience

- Can you identify with Don's struggles?
- Who does he identify as "always being there for him"?
- What systems did he have to navigate to get his little girl the services she needed?
- How did Don's support group help him to overcome some of the challenges he faced?

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What Shape are YOU?

Social and Emotional Competence of Children

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Parental Resilience

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The Pathway to Improved Outcomes for Children and Families

Core Functions

State, system, agency, program and community leaders works across systems to:

- Build parent partnerships
- Deepen knowledge and understanding
- Shift practice, policy and systems
- Ensure accountability

Program Practice

Programs that serve children and families:

- Shift organization culture to value and build upon families' strengths
- Make policy changes to support changes in worker practice
- Implement everyday actions that support families in building protective factors

Worker Practice

Individual workers:

- Have knowledge of protective factors and skills to help families build them
- Change their approach to relationships with parents
- Implement everyday actions that support families in building protective factors

Protective Factors

Families are supported to build:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Results

- Strengthened families
- Optimal child development
- Reduced likelihood of child abuse and neglect

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Strategies and Everyday Actions to Build Parental Resilience

Strategies

- **Respond to family crises**
Notice family stress, listen, make referrals and help mobilize other parents to provide support as needed.
- **Value and support parents**
Make all family members feel welcome, involve parents and caregivers in decision-making at all levels and provide many opportunities for participation.

Everyday Actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times

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Life Stories Help Build Resilience





Strengthening Families™ Arizona

Helpful Resources

Strengthening Families™ Arizona

<https://www.pcaaz.org/strengtheningfamilies/>

The Center for the Study of Social Policy

<http://www.cssp.org/reform/strengtheningfamilies>

Protective Factor Action Sheets

<http://www.cssp.org/reform/strengtheningfamilies/about/body/ProtectiveFactorsActionSheets.pdf>

The National Alliance of Children's Trust & Prevention Funds

<http://www.ctfalliance.org/onlinetraining.htm>

Building Community Building Hope Resource Guide 2016

(yellow book) *www.childwelfare.gov/topics/preventing*

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