

# Knowledge of Parenting and Child Development

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



Bringing the Protective Factors Framework to Life in Your Work

## Essential Elements / Common Threads

- **The Importance of Knowledge**
- **Culture**
  - How it impacts families as they seek to build knowledge and how our own culture shapes how we individually feel, act, and think.
- **Review Protective Factor Framework**
  - Understand and communicate the importance of how we might use the framework as we go about our everyday life
- **Everyday Actions that Build Knowledge**
  - Model developmentally appropriate interactions with children
  - Provide information and resources on parenting and child development
  - Encourage exploration of parenting issues or concerns
  - Provide opportunities to try out new parenting strategies
  - Address parenting issues from a strength-based perspective
- **Strengthening Parenting and viewing parents as valuable partners**
- **Creating an environment where parents are comfortable asking for help**



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## Goals

- Define what it means for parents to have knowledge of parenting and child development.
- Identify actions they can take to help strengthen parenting among families.
- Create a plan to integrate these ideas into their work.



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# How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

## **Social & Emotional Competence of Children**

because a "thumbs up"  
is one of the first ways  
we learn to communicate  
our emotions.



## **Your Pinky Finger signifies Concrete Support in Times of Need**

because it is the smallest  
finger and reminds us that we  
all need help sometimes.



## **Your Index Finger represents Knowledge of Parenting and Child Development**

because you are your child's  
1st teacher!

## **Your Ring Finger stands for Parental Resilience**

because your first commitment  
must be to yourself in order  
to be strong for others.



Your Middle Finger can  
help you remember  
**Social Connections**  
because it should never  
stand alone! We all need a  
positive social network.



Charlevoix, Emmet  
Northern Antrim Counties

www.strengtheningfamilies.org

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<http://www.whatmakesyourfamilystrong.org/>



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# Knowledge of Parenting and Child Development

## David's "Rules of Parenting"

- Who helped David gain some insight and knowledge about children and parenting?
- What is a skill David has now that he did not have at 17? How has that affected how he parents his children?
- David refers to the "rules of parenting" that he learned through a parent support group. Not everyone believes there are "rules" that parents should follow. Describe the language providers use when sharing information, techniques and perspective with parents.



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# How Culture Influences Knowledge of Parenting and Child Development

Social and Emotional Competence of Children

Knowledge of Child Development

Concrete Support in Times of Need

Social Connections

Parental Resilience

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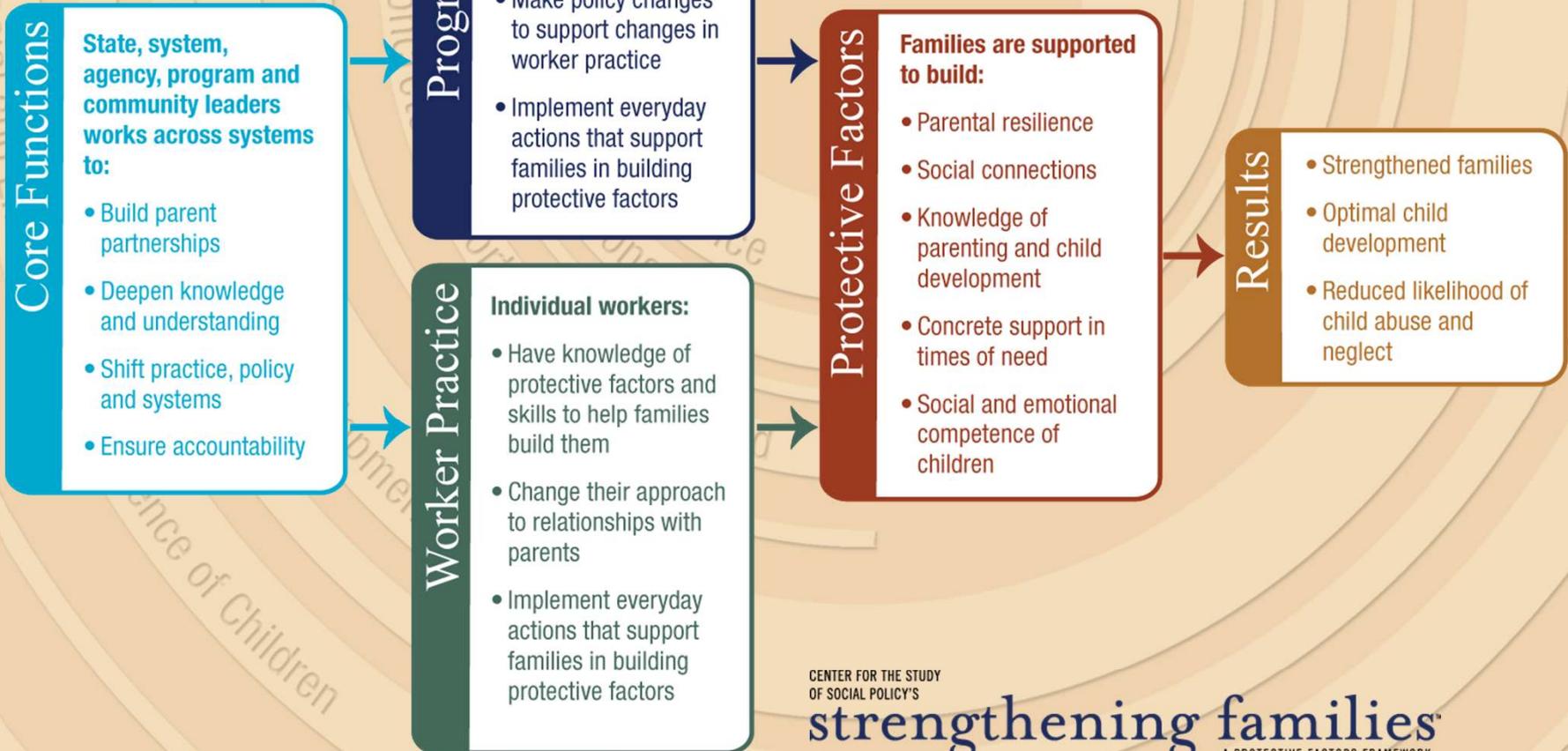
*“If you had a good enough parent,  
you are most fortunate because  
you had a **real** parent.”*

~ Dr. Donald Winnicott

<http://www.goodtherapy.org/famous-psychologists/donald-winnicott.html>

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# The Pathway to Improved Outcomes for Children and Families

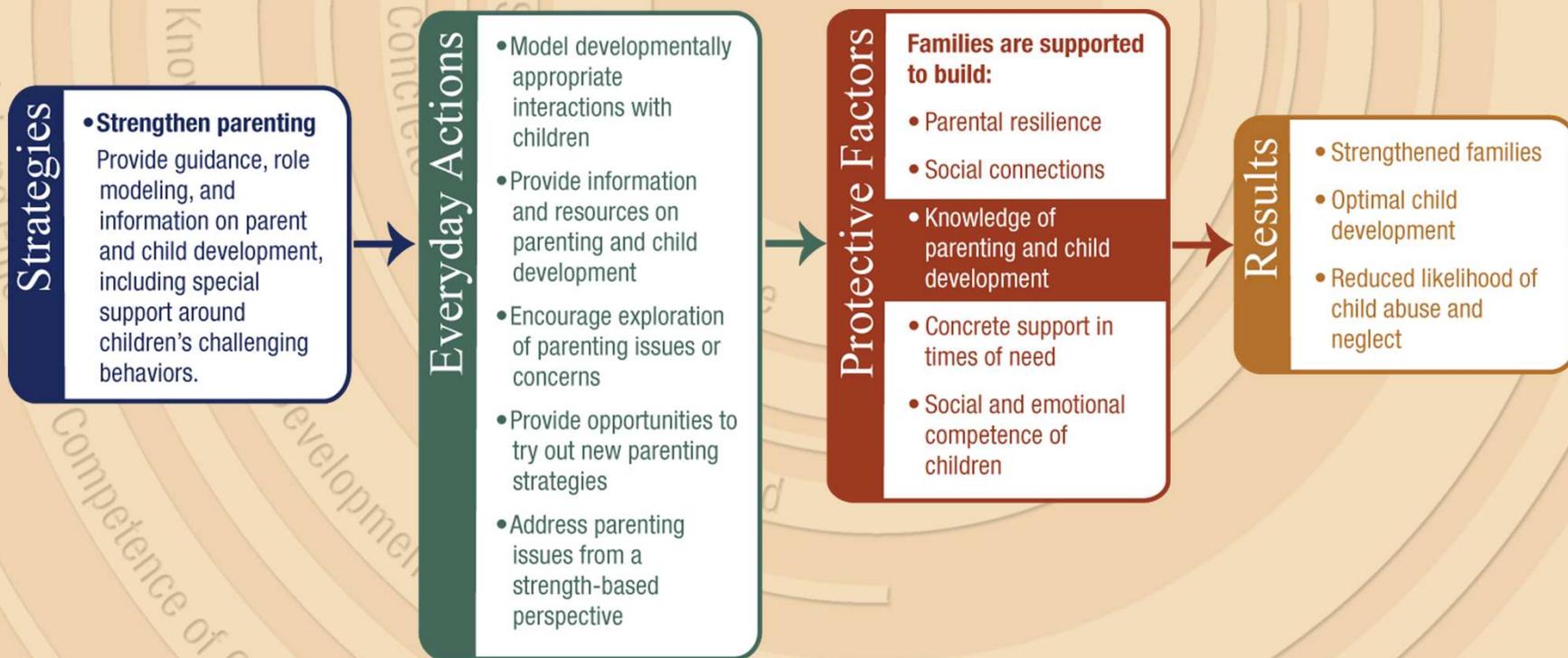


CENTER FOR THE STUDY OF SOCIAL POLICY'S

strengthening families<sup>®</sup>  
A PROTECTIVE FACTORS FRAMEWORK

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# Strategies and Everyday Actions to Build Knowledge of Parenting and Child Development





## “What do you do with your child to promote/model healthy development at this stage in his/her life?”

- Family-style meals
- Healthy eating
- Playgroups/playdates
- Create an environment for open conversation
- Learning enhancement (sports, dance, music)
- Use teachable moments
- Inform myself of age-appropriate expectations
- Read with my child

## **“What do you do with your child to promote/model healthy development at this stage in his/her life?”**

- “We are committed to having family-style dinners and using language that encourages kindness.”
- “I let my child help me with household chores. He loves to stir, scoop, and mold food in the kitchen, as well as help with clean-up. This gives us an opportunity to talk about healthy food, bond and take pride in the meal we will eat together. It also helps him develop a passion for a life skill he will need to be a successful adult.”
- “I spend one-on-one quality time with each of my children.”

## “Where do you go for help with parenting issues or to get information on child development?”

- Friends and family
- Social media/internet
- Child Care Teacher or Director
- Nonprofits
- Local colleges or universities (child development instructors and programs)
- State department of health/social services
- Pediatricians
- Schools
- Faith Community
- Pharmacist

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To download a handout that shares more ways that parents exercise flexibility and develop inner strengths in order to build Knowledge of Parenting and Child Development as well as the other Protective Factors visit:



<https://ctfalliance.org/partnering-with-parents/anppc/>

# NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS

## Bringing the Protective Factors Framework to Life in Your Work

<https://ctfalliance.org/partnering-with-parents/parent-voice/>



Translations to Spanish coming soon!

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## Conversations for a better normal...

- Learning happens in multiple ways. What are some of the things your family is doing to support your child's/children's learning during this crisis?
  - In what ways have your children helped your family learn new ways of supporting each other?

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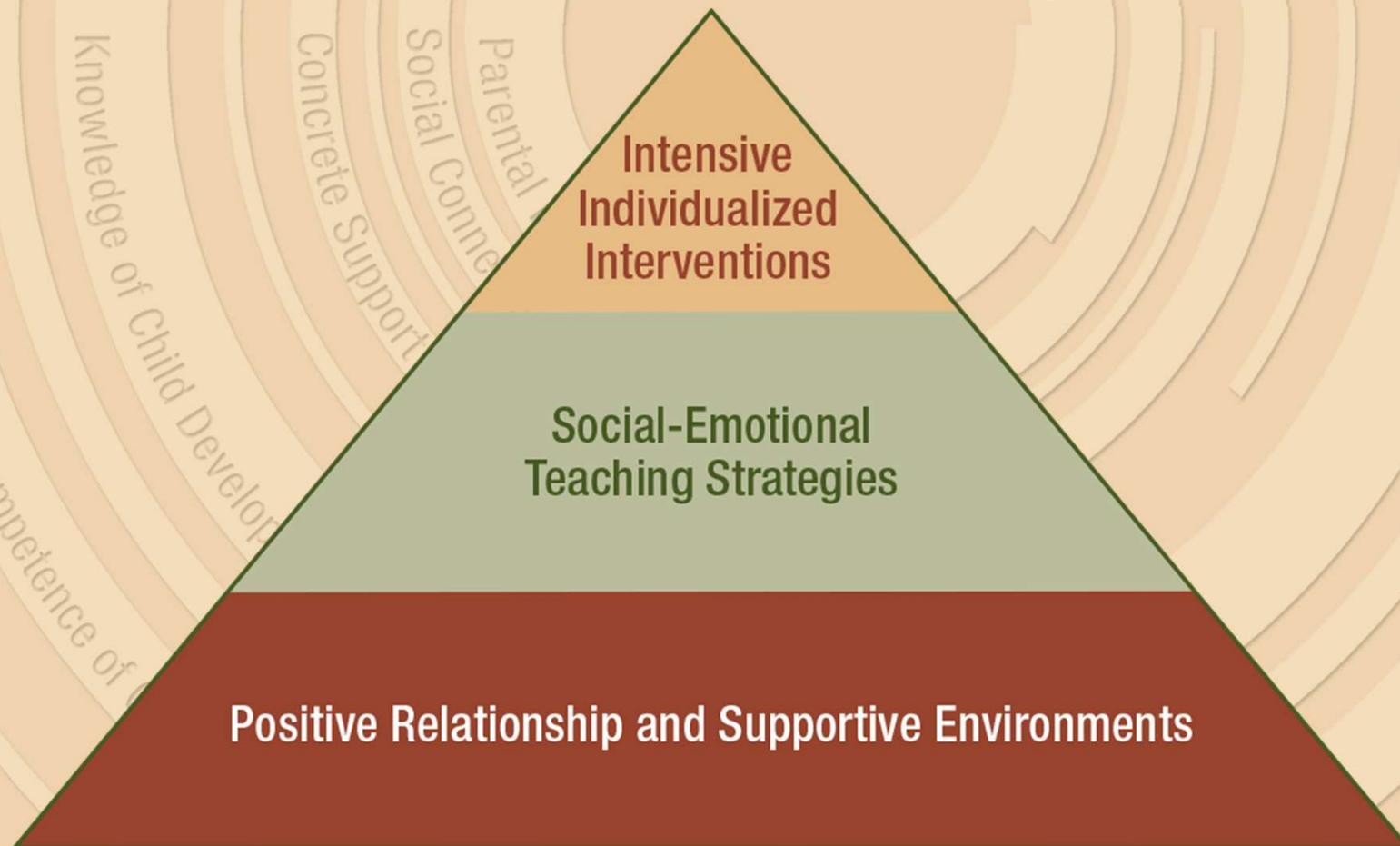
## Conversations for a better normal...

- **What are ways you are letting other parents know how strong they are?**

**What strategies and everyday actions do you use to support parents to increase their knowledge of child development?**

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# Pyramid Model for Promoting Social and Emotional Competence in Infants and Young Children



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## Individual Action Plan (IAP)

We all take courses, read manuals, and attend lectures (webinars), but if we don't take the knowledge we learn through these experiences and apply it to our lives or our work, we miss the point of truly learning. Consider the following when making your plan:

- Describe an area of child development that you would like to learn about in relation to the protective factors.
- What are three changes you can make in your practices to help strengthen parenting among the families you work with or know?

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## ZERO TO THREE Parenting App – “Let’s Play”

<http://www.zerotothree.org/>

**LET'S PLAY!**

Let's Play! is a free parenting app from ZERO TO THREE with fun activities, organized by age and routine, for parents to use to support their young child's early learning.

Available to download for **FREE** from iTunes and the Google Play Store.

click button to download

Available on the iPhone **App Store** | **Google play**

**With Let's Play! you can:**

- ✓ Choose fun activities that promote early learning for your child
- ✓ Take photos to remember the moment
- ✓ Share your activities through social media

EMOTIONS & SELF-AWARENESS | SOCIAL SKILLS  
CHARACTER

## Parenting During Coronavirus: You Are Enough

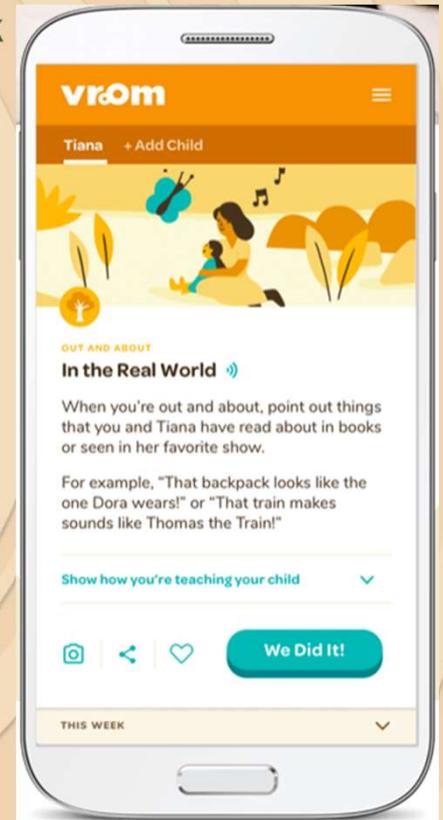
Mar 30, 2020

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## “Vroom” Website and App

- Turn shared moments into brain building moments
- Ways to boost early learning



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

**Vroom is here to help**

This period of change with COVID-19 may bring new challenges, but you already have what it takes! We've collected some simple and fun ways to boost brain building at home together with your child. Even a few minutes count. Check back for new resources in the coming weeks and sign-up for our Vroom eNews to get updates directly delivered your inbox!

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# Centers for Disease Control – Essentials for Parenting Toddlers and Preschoolers



<http://www.cdc.gov/parents/essentials/index.html>

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# Practice Parenting Skills



Learn how to handle common parenting challenges through interactive activities, videos, and more!

Your child may be tempted to stare at screens or play through cell phones. Keep the time-out clear away from screens or other temptations.

Learn more

## Pregnancy

Learn about steps you can take for a healthy pregnancy and a healthy baby.

## TEENS (AGES 12-19)

Read about critical years that will affect both current and future health. Learn more.

## YouTube Video Spotlight



"I Pledge" This one-minute video shows a number of moms and dads pledging to protect their teen drivers. [Watch on YouTube.](#)

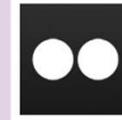
## INFANTS & TODDLERS (AGES 0-3)

Having a baby or a toddler can be both fun and hard work. Learn more.

## ADDITIONAL RESOURCES

Use these resources to help keep your family safe and healthy.

## Flickr Stories



Read personal stories of parents on Flickr. [Read on Flickr.](#)

## CHILDREN (AGES 4-11)

Your child will change a lot from ages 4 to 11. Learn more.

## HEALTH CARE PROFESSIONALS

Find technical information on children's health and safety.

POPULAR PARENT TOPICS

BUTTONS AND BADGES

CDC VIDEOS FOR PARENTS

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Essentials Homepage

Overview

Communicating with Your Child +

Creating Structure and Rules +

Giving Directions +

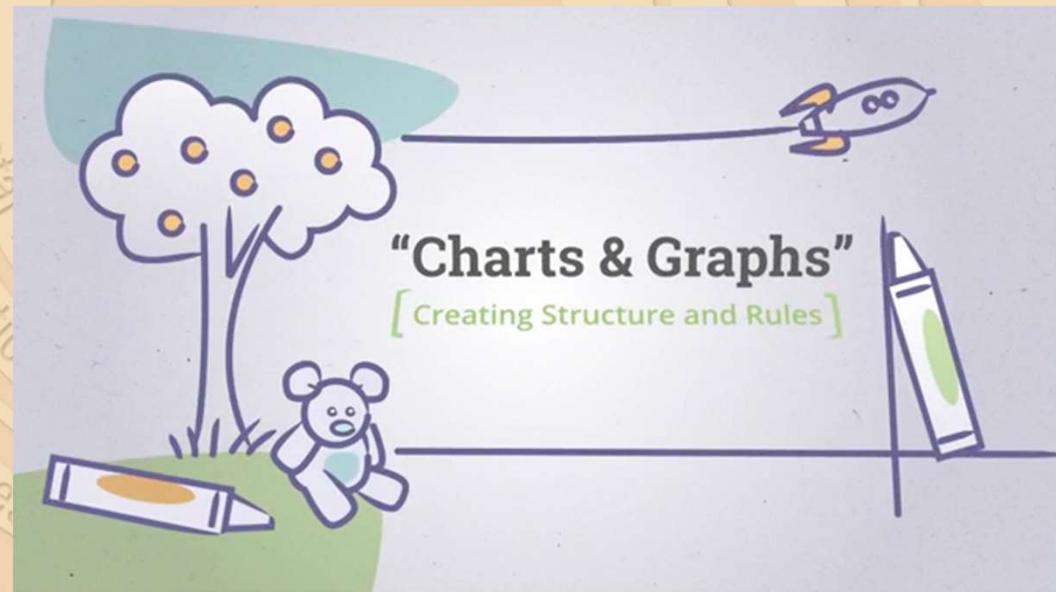
Using Discipline and Consequences +

Using Time-Out +

Practice Parenting Skills +

Parenting Videos +

Other Resources



<http://www.cdc.gov/parents/index.html>

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# Other Parenting Helps from CDC

<http://www.cdc.gov/parents/index.html>

## Parent Information

Pregnancy

Infants (Ages 0-3)



Children (Ages 4-11)



Teens (Ages 12-19)



Other Resources

Information for Health Care Professionals & Researchers

Browse All Parent Topics

Parent Videos

Social Media Tools



## Parent Information



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# Massachusetts Children's Trust – One Tough Job

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



Social and Emotional Competence

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The Alliance has joined with Casey Family Programs to create the Birth Parent National Network (BPNN) which is working to promote and champion birth parents as leaders and strategic partners in child welfare system reform. Listen as birth parent Jeremiah D. shares about how important it was to focus on his child's development.

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

**Jeremiah D.**

Age 39  
Washington State  
Father Engagement Facilitator,  
Certified Peer Counselor

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[https://ctfalliance.org/  
partnering-with-  
parents/bpnn/](https://ctfalliance.org/partnering-with-parents/bpnn/)

Who Should Apply?

-Parents

-Organizations

We need you!

Join the **BIRTH PARENT NATIONAL NETWORK (BPNN)**, a national network of hundreds of birth parents and organizations working together to strengthen families, communities and systems by engaging the voices of parents.

**Apply** **You can make a difference!**  
Bi-monthly online meetings and webinars  
No charge to join

**online**  
[ctfalliance.org/partnering-with-parents/bpnn](https://ctfalliance.org/partnering-with-parents/bpnn)

*"The BPNN is a springboard to leadership roles and networking opportunities with other parents and systems leaders."*  
– Corey Best, birth parent and BPNN member from Florida

**CHILDREN'S TRUST FUND Alliance™**  
**Birth Parent National Network (BPNN)**



### **The Children's Trust Fund Alliance:**

- 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.

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## Contact

- If you have questions about *Bringing the Protective Factors Framework to Life in Your Work*, please contact the Alliance at:

- **[info@ctfalliance.org](mailto:info@ctfalliance.org)**

- If you are interested in participating in a Training for Trainers for *Bringing the Protective Factors Framework to Life in Your Work*, please contact the Alliance at:

- **[tot@ctfalliance.org](mailto:tot@ctfalliance.org)**