

**Protective Factor of the Month**

# Parental Resilience

**August**

**Presented by CalTrin**

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# **Training Schedule**

## **- Protective Factor of the Month -**

The Strengthening Families Protective Factors Framework™ is an evidence-informed tool for strengthening families and reducing the likelihood of child abuse and neglect. The framework helps professionals work with children and families to promote the optimal development of all children while protecting vulnerable children from maltreatment.

This training is designed for anyone who works with children and families and focuses on concrete ways you can support the building of Protective Factors in your work. Each month, CalTrin will focus on one Protective Factor. Learners can register for individual trainings that meet their learning needs and their schedule.

**Register for future sessions and watch Replays of previous sessions [here](#):**

**July:** Overview of the Protective Factors  
07/12 Webinar - or - 07/26 Workshop

**August:** Parental Resilience  
08/09 Webinar - or - 08/23 Workshop

**September:** Knowledge of Parenting & Child Development  
09/13 Webinar - or - 09/27 Workshop

**October:** Concrete Support in Times of Need  
10/11 Webinar - or - 10/25 Workshop

**November:** Social & Emotional Competence of Children  
11/08 Webinar - or - 11/22 Workshop

**December:** Social Connections  
12/13 Webinar - or - 12/13 Workshop

# Webinars vs. Workshops

## - Protective Factor of the Month -

Sometimes it's hard to know what you are "getting into" when it comes to virtual training. We want to take the guess work out of finding a training that works with your learning style, your comfort level with online interaction, and your schedule. Each of our monthly Protective Factor trainings will be offered as WEBINAR and as a WORKSHOP. Which one is right for you?

### **ATTEND THE WEBINAR IF:**

- You learn best through listening and watching
- You prefer to keep your camera off (or have constraints that do not allow you to turn your camera on)
- You would rather not participate in breakout room discussion

### **ATTEND THE WORKSHOP IF:**

- You learn best by doing
- You enjoy group discussion; sharing and hearing ideas with others
- You prefer frequent engagement with the presenter and other participants
- You are able and willing to utilize your microphone and camera

**Still not sure which training format is right for you?**

**Read our [Webinars vs. Workshops blog post!](#)**

# Training Resources & Materials

## - Protective Factor of the Month -



Protective Factor of The Month Training Series

<https://www.caltrin.org/upcoming-training-by-topic/evidence-based-service-delivery-models/caltrins-protective-factors-series/>



Strengthening Families: Increasing Positive Outcomes for Children and Families

<https://cssp.org/our-work/project/strengthening-families>



The Protective Factors Framework

<https://ctfalliance.org/protective-factors/>



Butterfly Trainings that Transform

<https://butterflyttt.com/>

# What is the Strengthening Families Protective Framework™?

## Strengthening Families Protective Factors Framework:

- Introduced by Center for Study of Social Policy (CSSP) in 2001
- Designed to keep families strong and children safe from abuse and neglect through promotion of **five Protective Factors**
- Provides **everyday strategies** that help families build Protective Factors
- Encourages variety of helping professionals to work with families in a **strengths-based** way

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Evidence-informed framework designed to happen gradually, with  but  changes.

Create more  and  parents and professionals rooted in a strengths-based model.

May require that professionals see and partner with families through a modified -based lens.

# What is Parental Resilience?

**How would you describe or define resilience?**

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“Resilience, simply defined, means the ability to

from difficult life experiences, and often to be

and even  by those experiences.”

*(Children’s Trust Fund Alliance)*

# Parental Resilience

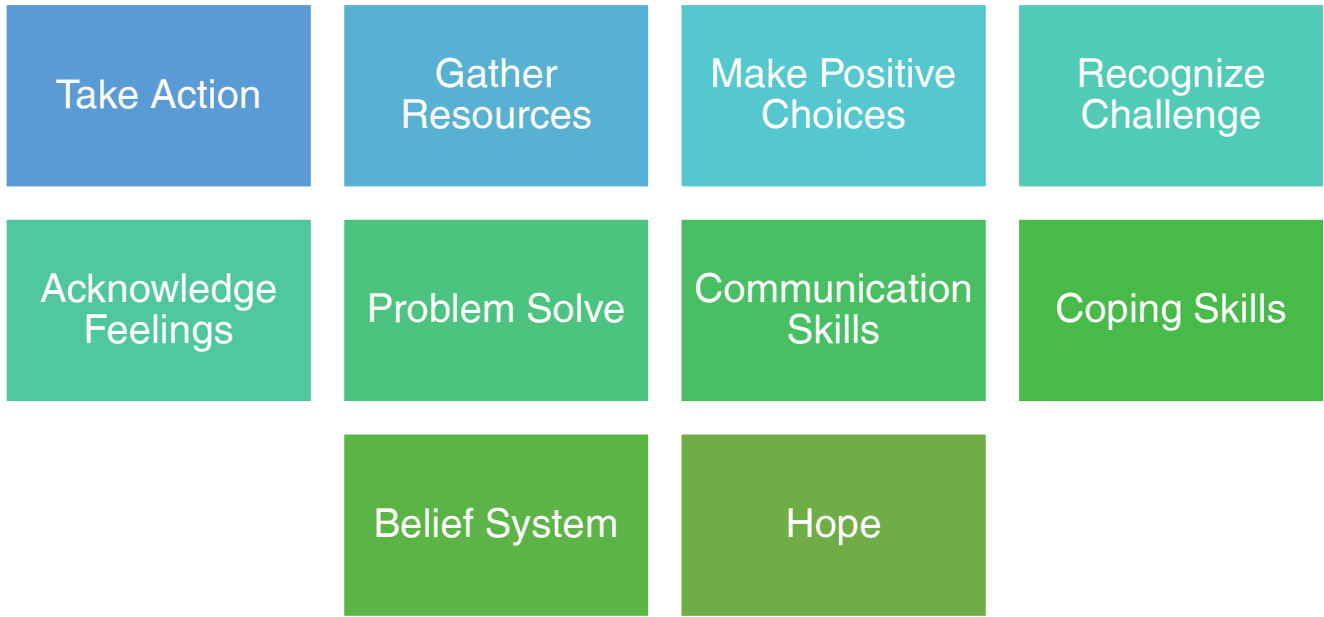
The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

- How parents respond to stressors is much more important than the stressor itself in determining the outcomes for themselves and their children.
- Parents are more likely to achieve healthy, favorable outcomes if they are resilient.
- Resilience is the process of managing stress and functioning well even when faced with challenges, adversity, and trauma.

What would you notice about a parent or family that demonstrates resilience?

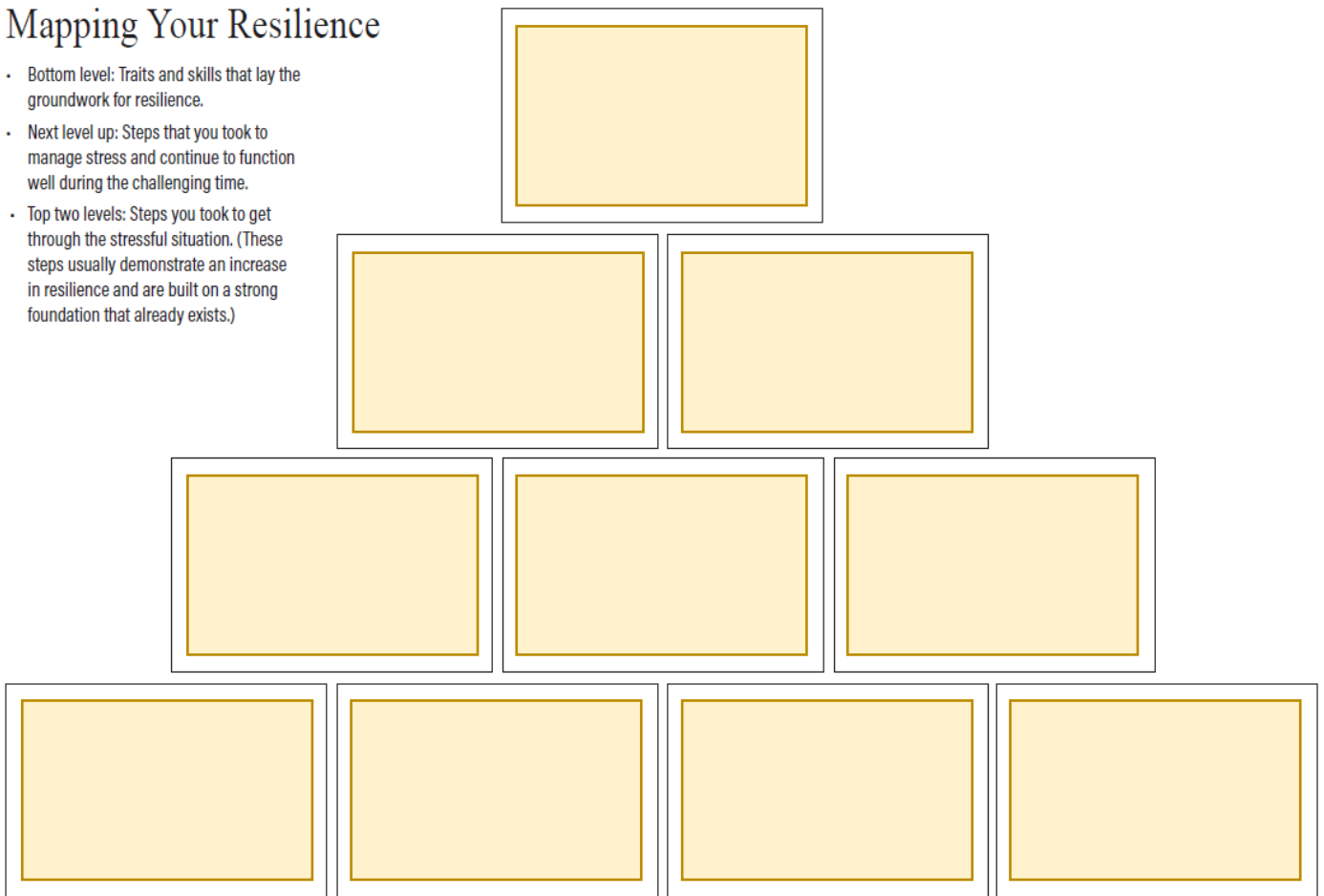
What would you notice about a parent or family that is very low in resilience?

What does parental resilience protect a child from experiencing?



## Mapping Your Resilience

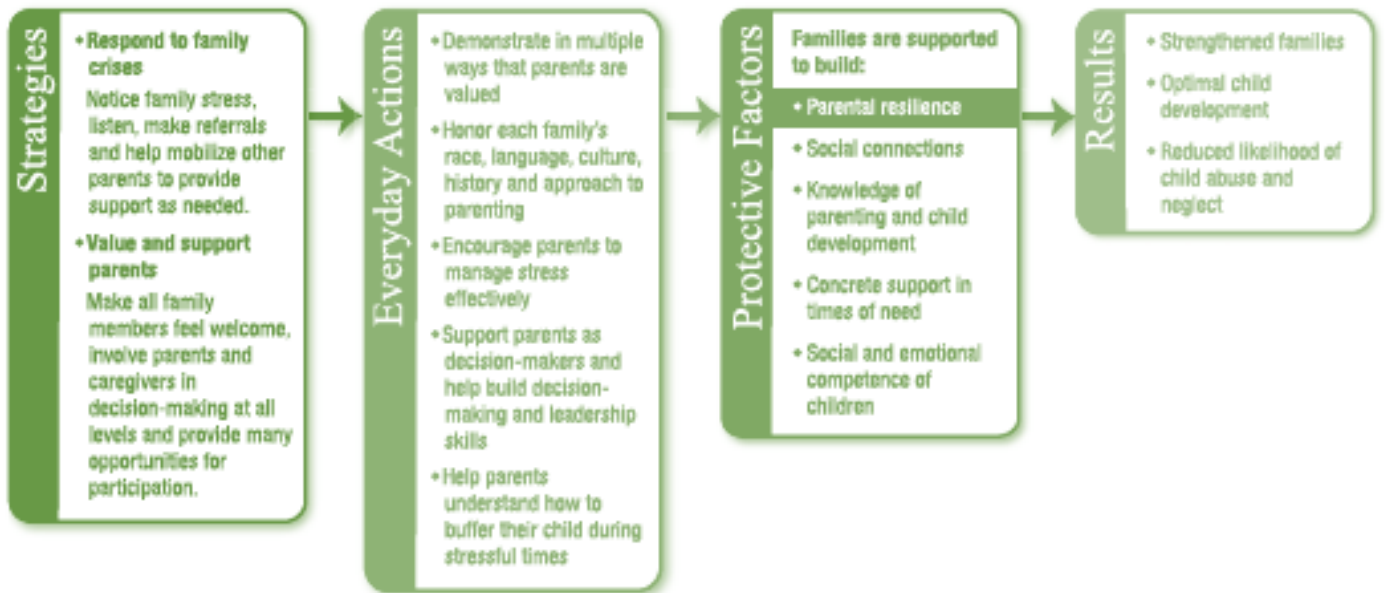
- Bottom level: Traits and skills that lay the groundwork for resilience.
- Next level up: Steps that you took to manage stress and continue to function well during the challenging time.
- Top two levels: Steps you took to get through the stressful situation. (These steps usually demonstrate an increase in resilience and are built on a strong foundation that already exists.)





# Parental Resilience: Everyday Actions

## Strategies and Everyday Actions that Help Build Parental Resilience



Strengthening Families™ Protective Factors Framework: Parental Resilience

Respond to family crisis	Value and support parents

# Grab Bag



## Discussion Questions:

What do you have in common with the selected item?

How does this relate to your position/role as a service provider?

How are the qualities described ones that parents might need?

# Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

## What is your role as a child- and family-serving provider?

Your daily interactions with parents can help them to build their resilience and their belief in themselves as parents and capable decision-makers. [\[Source: CSSP Protective Factors Action Sheet\]](#)

## What is your role as a caseworker?

Having an open child welfare case is necessarily emotional and difficult for parents and can cause self-doubt that fundamentally undermines resilience. As a caseworker, part of your role is to make the child welfare experience as constructive as possible. [\[Source: CSSP Protective Factors Action Sheet\]](#)

### WHAT YOU CAN DO:

Ex: Encourage parents to take care of themselves, particularly during stressful times.

### WHAT YOU CAN ASK A CAREGIVER:

Ex: What do you do to take care of yourself when you are stressed?

### WHAT TO LOOK FOR:

Ex: Help-seeking behaviors to encourage.

### WHAT YOU CAN SHOW OR DEMONSTRATE FOR CAREGIVERS:

Ex: Ask the caregiver to identify situations they find stressful and make a plan in advance for how they will keep themselves calm and centered in these circumstances.

## PARENTAL RESILIENCE: ACTION SHEET

### Your role

Your daily interactions with parents can help them to build their resilience and their belief in themselves as parents and capable decision-makers. You can:

- Projecting a positive and strengths-based approach to all families
- Support parents as key decision-makers for their families and provide opportunities for decision-making that affects the program or community
- Encourage parents to take care of themselves, particularly during stressful times
- Normalize the fact that parenting is stressful and help the parent plan proactively about how to respond to stressful parenting situations
- Validate and support good decisions

### Questions to ask

- Where do you draw your strength?
- How does this help you in parenting?
- What are your dreams for yourself and family?
- What kind of worries and frustrations do you deal with during the day? How do you solve them?
- How are you able to meet your children's needs when you are stressed?
- How does your spouse, partner, or closest friend support you? When you are under stress, what is most helpful?
- What do you do to take care of yourself when you are stressed?

### What to look for

- Problem solving skills
- Ability to cope with stress
- Self-care strategies
- Help-seeking behavior
- Receiving mental health or substance abuse services if needed
- Not allowing stress to impact parenting

### Activities to do with parents

- Ask the parent to write down their self-care strategies and ensure that they are taking time for self-care each day.
- Ask the parent to identify situations they find stressful and make a plan in advance for how they will keep themselves calm and centered in these circumstances.

# Parental Resilience

## What Is Resilience?

**Resilience is the ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.**

Resilient parents have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride. They are able to "bounce back" from negative experiences. Resilience isn't about how many bad things you experience; it's about how you respond to them.

## Everyday Actions that Help Build Resilience

### Concrete Examples of Everyday Actions

- 1 What are some ways your community (local businesses, day care centers, schools and churches) demonstrates it values parents?
  - My child care has "Dads and Donuts" and "Moms and Muffins" events to say thank you to parents.
  - My place of worship offers parenting classes and other ministries for single moms.
  - My child's school invites parents to special conferences, sends out electronic newsletters, offers parent-child activities and many other opportunities to connect.
- 2 Give examples of concrete ways that your family's race, language, culture, history and approach to parenting is valued as a part of any group in which you participate?
  - My bi-racial children attend a school where less than 3% of the student body is a minority. The school invites guest speakers from many ethnicities, including African-American, and shares books and crafts that honor my children's heritage.
  - Our children represent multiple ethnicities. We help create opportunities where they can explore their individual ethnic histories through reading, meeting others and continuing dialogue.

For more parent-to-parent tools visit  
[ctfalliance.org/partnering-with-parents/anppc/#resources](http://ctfalliance.org/partnering-with-parents/anppc/#resources)



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- 3 What are some ways that you can remind yourself to deal with stress effectively? How can you encourage others to do the same?
  - Look for the humor in the situation. If I can find a way to laugh at what happened or something else about the day, I can "own" it and move forward. Laughter is a life saver.
  - Get a sitter and garden.
  - I keep a Top Ten List (of things that feed my soul) in the nightstand by my bed. When I have a challenging day, I pull out my list and do at least three of the things on it. (For example, listen to music, dance and take a walk.)
  - I enjoy nature and photography. I go for a walk and take pictures.
  - I find it helpful to keep a journal - writing down the good and the bad is a way I can re-group.
  - Chatting with a friend makes me feel better.
  - Pray, read, bake and exercise (not always in that order).
  - Be quick to forgive others - especially myself!

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

CENTER FOR THE STUDY OF SOCIAL POLICIES  
**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

- 4 How do you encourage your peers to exercise their unique leadership skills in their own families - and in the community? How do you find the courage to lead out in your family and community?
  - I go to my "encouraging cupboard" - the strength in my own family is astounding! I am finding ways to be a good steward of the knowledge we have built over generations.
  - With several other parent's help, I started a leadership and advocacy group in our area for families of children with disabilities. Our training events are open to the public and sometimes we offer CEUs. This has been so successful that parents and professionals have been attending from surrounding communities. The best part is that all of our parenting tips apply to all areas of participants' lives - school, church and more!
- 5 When you face a crisis, what are some ways that you protect your child from being negatively impacted by this stress?
  - Reflect and remember what skills I have used to manage or overcome struggles in the past.
  - I tell myself I've been through tough times before - then I drop everything and do something fun with my little one!
  - My kids handle stress better when they realize there is stress and a plan to manage it. It is a mistake for me to drag them through it and let them figure out how to cope.
  - I keep my children involved in activities with their friends and encourage friendships.
  - Make sleep/rest a priority - model self-care for my children.
  - Encourage laughter either through silly songs or dancing, telling goofy jokes and reading funny stories. Take time to play, interact and focus on the children - let them know that no matter what - they matter the most!

# Case Study: Resilience

The below story was developed by Children's Trust Fund Alliance as part of the *Strengthening Families™ Protective Factors Framework*. Review the story and answer the discussion questions:

*Jackie and Rodney have three children under the age of 6. Rodney was diagnosed with cancer about a month ago. He immediately started chemotherapy, and the good news is that it appears to be working. However, his doctors say it will be at least 6 months before he's recovered enough to get back to work.*

*Jackie is juggling her own work, drop-off and pick-up for school and daycare, and the stress of caring for her ill husband on top of normal parenting and family responsibilities. The family was just getting by with both of their incomes, and now that Rodney isn't working, they are headed for serious financial trouble. Jackie made an appointment with the bank when she realized that they were not going to be able to make their next mortgage payment and found out about some options for refinancing and personal loans.*

*Jackie and Rodney also decided that they needed to swallow their pride and accept help from their neighbors and friends who had asked what they could do. A neighbor started picking the oldest child up from school three days a week. The younger kids' daycare center organized the other parents to bring dinner to their house twice a week. They are getting through this difficult time and learning how supportive their community can be.*

## Discussion Questions:

Describe the challenge(s) that this family faced and ways in which Jackie and Rodney demonstrated resilience.

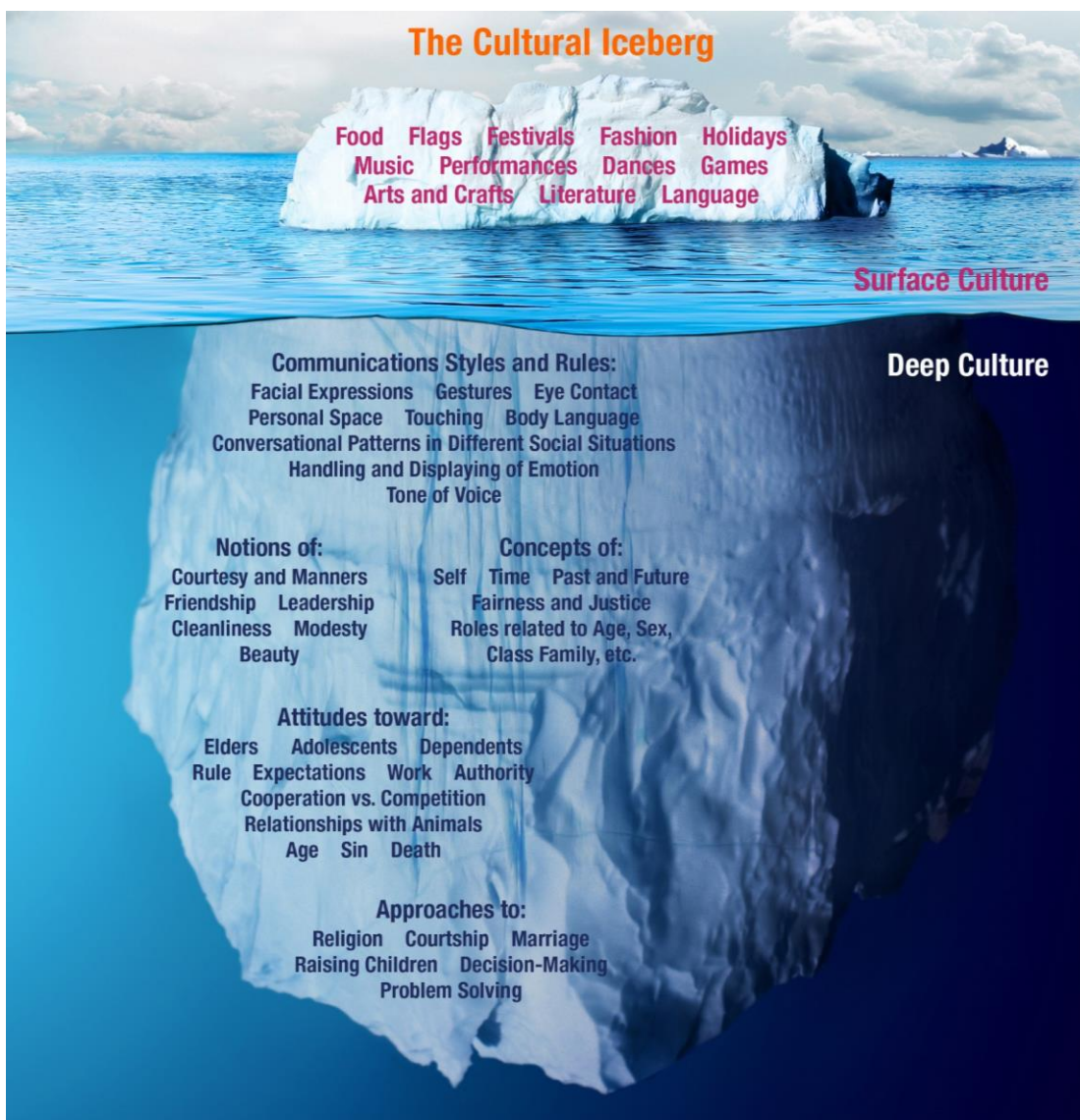
How do you think the parents' response to their situation affected their children?

If you encountered this family, what support would they get from you? Please list at least three ways they could be supported by you and/or your program.

# Culture & Family Strengths

As we consider each Protective Factor, ask yourself these three questions:

1. How does culture impact this Protective Factor in a family?
2. How does your own culture shape how you feel, how you react, and what you say or think?
3. How does culture impact what and how you are teaching?





**PARENTAL RESILIENCE**

Being a parent can be a very rewarding and joyful experience. But being a parent can also come with its share of stress. Parental resilience is the process of calling forth one’s inner strength to proactively manage stress, meet personal/family challenges and be able to function well. Parental resilience includes the ability to provide nurturing and supportive care to one’s child, even when faced with challenges, adversity or trauma. Programs can provide a variety of resources for families to help build and support parental resilience—all with low or no-cost to the program. For example, programs can:

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

When supported by program policies, staff can employ these concrete Everyday Actions to help families reduce personal/parental stress and gain confidence in their ability to overcome challenges.

**PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS**

How do programs demonstrate that parents are valued?

5: Strongly agree  
 4: Agree  
 3: Neither agree nor disagree  
 2: Disagree  
 1: Strongly disagree  
 Not Applicable

							Comments
<b>1.1</b> Staff strive to recognize and affirm the central role of parents in their children’s lives through every interaction with families including policies, practices and informal communication.							
<b>1.2</b> The program has multiple avenues for regular communication with families.	<b>1.2.1</b> The program provides an orientation for families about the program philosophy, goals and objectives.						
	<b>1.2.2</b> Staff use a variety of methods (e.g., new family orientations, small group meetings, individual conversations, and written questionnaires) to provide information and gather input from families about activities throughout the year.						
	<b>1.2.3</b> Staff regularly ask parents about their observations of their child.						
<b>1.3</b> All family members are made to feel welcome:	<b>1.3.1</b> Someone is available to greet families when they come in.						
	<b>1.3.2</b> Staff are respectful even when family visits are unexpected.						



# Protective Factors Training & Resources

## California Training Institute (CalTrin)

- Website: <https://www.caltrin.org/>
- [Monthly Protective Factors Training](#)
- [Blog: Understanding and Integrating the Protective Factors Framework into Everyday Practice](#)

## Center for the Study of Social Policy (CSSP)

- Website: <https://cssp.org/our-work/project/strengthening-families/#story>
- [Scripted curriculum](#) and [resources](#) available through CSSP's website
- [Self-Assessments for Programs](#)
- [Protective Factors Action Sheets](#)
- [Strengthening Families System Implementation](#)

## Children's Trust Fund Alliance (CTFA)

- Website: <https://ctfalliance.org/protective-factors/>
- [Self-paced Courses](#)
- [Protective Factors Infographics and Conversation Guides](#) (English and Spanish)
- Train the Trainer Certification

## Butterfly Trainings that Transform

- Website: <https://butterflyttt.com/>
- [STRONG Book](#): Protective Factors training with lesson plans
- Train the Trainer Certification

# My Next Steps

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.

