

Protective Factor of the Month

Knowledge of Parenting & Child Development

September

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

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.

Knowledge of Parenting & Child Development

“Parents who have some knowledge of basic child development are likely to have more of their children.

With that knowledge, parents are better able to provide an appropriate amount of , and .

When parents understand their roles in their children’s lives and learn about specific parenting techniques and strategies, they form with their children and have options for to typical child behaviors.”

- As defined by the Children’s Trust Fund Alliance

How has knowledge changed over the years?

Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social, and emotional development.

David's Rules of Parenting

Who helped David gain further knowledge and insight 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?

How might this shift in David impact his children?

Culture & Family Strengths

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

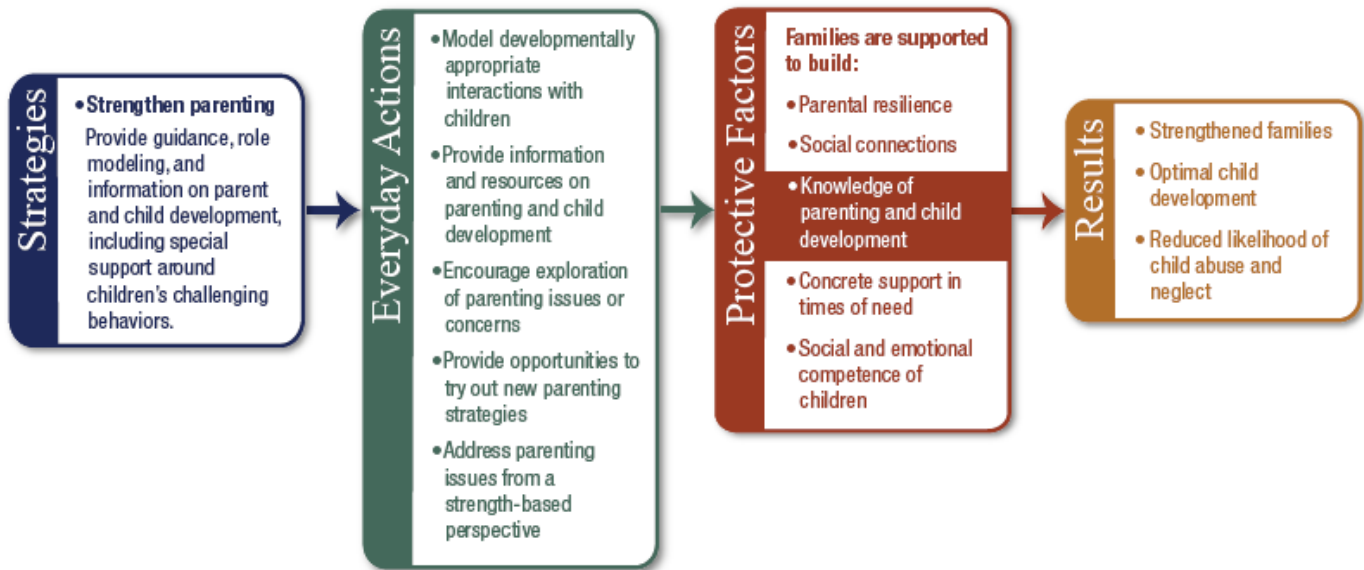
1. How does culture impact this Protective Factor in a family?

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?

Knowledge of Parenting & Child Development: Everyday Actions

Strategies and Everyday Actions that Help Build Knowledge of Parenting and Child Development



Strengthening Families™ Protective Factors Framework: Knowledge of Parenting and Child Development

How can you/do you strengthen parenting?

Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social, and emotional development.

What is your role?

Each contact you have with the family provides an important opportunity to link them to parenting resources, provide child development information, and model and validate effective caregiving.

Child- and family-serving providers: [\[Source: CSSP Protective Factors Action Sheet\]](#)

Caseworkers: [\[Source: CSSP Protective Factors Action Sheet\]](#)

WHAT YOU CAN DO:

Ex: Connect parents to parenting education classes or home visiting as part of case planning.

WHAT YOU CAN ASK A CAREGIVER:

Ex: What does your child do best and what do you like about your child?

WHAT TO LOOK FOR:

Ex: Do the caregivers understand and encourage healthy development?

ACTIVITIES TO DO WITH PARENTS & CAREGIVERS:

Ex: Ask the parent what their hopes and dreams are for their child(ren).

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: ACTION SHEET

Your role

Each contact you have with the family provides an important opportunity to link them to parenting resources, provide child development information and model and validate effective caregiving. You can:

- Connect parents to parenting education classes or home visiting as appropriate for their situation
- Model appropriate expectations for the child
- Engage parents in dialogue when their expectations are not in line with the child's developmental phase
- Underline the importance of nurturing care to help the parent in valuing the importance of their own role
- Provide "just in time" parenting education: crucial information a parent needs at the time when parenting issues arise
- Help the parent identify a series of trusted informants that they can turn to when they need parenting information

Questions to ask

- What does your child do best and what do you like about your child?
- What do you like about parenting? What do you find challenging about parenting?
- How have you learned about parenting skills?
- How do you continue to learn about your child's development?
- What has helped you learn about yourself as a parent?
- Are there things that worry you about your child's development or behavior?
- Have other people expressed concern about your child?

What to look for

- Does the parent understand and encourage healthy development?
- Is the parent able to respond and manage their child's behavior?
- Does the parent understand and demonstrate age-appropriate parenting skills in their expectations, discipline, communication, protection and supervision of their child?
- Does the child respond positively to the caregivers' approaches?
- Does the parent understand and value their parenting role?
- Does the parent have a reliable source for parenting information when issues come up?
- Does the parent know how to encourage social-emotional development and apply a range of age-appropriate disciplinary strategies?
- Is the parent involved in their child's school, preschool or other activities?
- Does the parent understand the child's specific needs (especially if the child has special developmental or behavioral needs)?

Activities to do with parents

- Ask the parent what their hopes and dreams are for their child(ren). Discuss any worries the parent has about ensuring those hopes and dreams are met. Then discuss what the parent is doing today (or wants to do) to help achieve those hopes and dreams.



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: ACTION SHEET

Your role as a caseworker

Each contact you have with the family provides an important opportunity to link them to parenting resources, provide child development information and model and validate effective caregiving. You can:

- Connect parents to parenting education classes or home visiting as part of case planning
- Model appropriate expectations for the child
- Engage caregivers in dialogue when their expectations are not in line with the child's developmental phase
- Underline the importance of nurturing care to help the caregiver in valuing the importance of their own role
- Provide "just in time" parenting education: information a parent needs at the time when parenting issues arise
- Help the caregiver identify a series of trusted informants that they can turn to when they need parenting information

Questions to ask

- What does your child do best and what do you like about your child?
- What do you like about parenting? What do you find challenging about parenting?
- How have you learned about parenting skills?
- How do you continue to learn about your child's development?
- What has helped you learn about yourself as a parent?
- Are there things that worry you about your child's development or behavior?
- Have other people expressed concern about your child?

What to look for

- Do the caregivers understand and encourage healthy development?
- Are the caregivers able to respond and manage their child's behavior?
- Do the caregivers understand and demonstrate age-appropriate parenting skills in their expectations, discipline, communication, protection and supervision of their child?
- Does the child respond positively to the caregivers' approaches?
- Do the caregivers understand and value their parenting role?
- Do the caregivers have a reliable source for parenting information when issues come up?
- Are the caregivers involved in their child's school or preschool?
- Do the caregivers understand the child's specific needs (especially if the child has special developmental or behavioral needs)?

Activities to do with parents

- Ask the parent what their hopes and dreams are for their child(ren). Discuss any worries the parent has about ensuring those hopes and dreams are met. Then discuss what the parent is doing today (or wants to do) to help achieve those hopes and dreams.
- Identify a particular parenting task the parent finds challenging (e.g., mealtimes, putting the child to bed). Provide the parent with information on strategies for this task. Ask them to practice these strategies and debrief on your next visit.

Knowledge of Parenting and Child Development

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies
- 3 Provide information and resources on parenting and child development
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

Center for the Study of Social Policy
strengthening families
A NATIONAL PARENT PARTNERSHIP COUNCIL PROGRAM

The Value of Knowledge of Parenting and Child Development

Strengthen parenting - Provide guidance, role modeling and information on parent and child development, including special support around children's challenging behaviors.

Parents who have some knowledge of basic child development are likely to have more realistic expectations of their children. With that knowledge, parents are better able to provide an appropriate amount of nurturing, supervision and guidance. When parents understand their roles in their children's lives and learn about specific parenting techniques and strategies, they can form positive relationships with their children and have options for appropriate responses to typical child behaviors.

Everyday Actions that Help Build Knowledge of Parenting and Child Development

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies

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

"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 cleanup. 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."

For more parent-to-parent tools visit
ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

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- 3 Provide information and resources on parenting and child development

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
- Pediatrician
- Schools
- Faith community
- Pharmacist

"Sometimes I will post things on social media to see if other parents relate and have feedback. This helps me feel I am not alone and have options to discuss these things if I choose."

"A local nonprofit helped identify tasks I was naturally doing that benefited my child's development. When I had a concern or questioned my parenting, they were able to guide me and reinforce my decisions. This was crucial during my early days of parenting."

"My child's school has connected me with a network of parents I consistently turn to when I need advice - as our children have grown together."

- 4 Encourage exploration of parenting issues or concerns

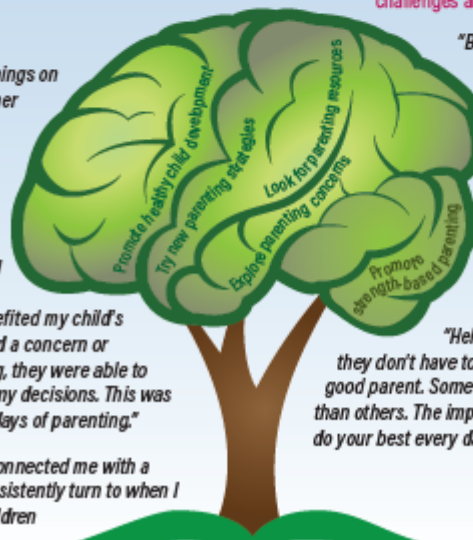
- 5 Address parenting issues from a strength-based perspective

How can you help other parents recognize their strengths so they can build upon them?

- Share your personal story
- Point out that the resources are available for everyone - that includes YOU!!
- Point out the things parents are already doing well - what is strong, not what is wrong!
- Be there - walk through challenging situations with your parent friends; acknowledge similar challenges and actions

"Be willing to ask advice from parents you notice doing a great job. It's important to share the spotlight with parents when they are successful."

"Help parents realize they don't have to be perfect to be a good parent. Some days are better than others. The important thing is to do your best every day."



Knowledge of Parenting and Child Development

need2know

Resource from the ANPPC



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Mounting scientific evidence points to the critical importance of early childhood as the period in which children’s foundations for cognitive, language, social, emotional and moral development are established. While no parent knows everything about children, all parents can benefit from increasing their knowledge of parenting best practices. Gaining a deeper understanding of child development—including early brain development—helps parents know what to expect from their child. Knowledge of parenting and child development can also help parents understand what children need during each developmental phase. Programs can help parents increase their knowledge of parenting and child development. Programs should:

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
- Address parenting issues from a strength-based perspective

Program staff can help parents gain a high level of expertise about child development and parenting. It is crucial that staff provide information in multiple ways and at times that parents really need it and will put it into practice.

**KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT:
SELF-ASSESSMENT ITEMS**

How do programs model developmentally appropriate interactions with children?

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

| | | 5: Strongly agree | 4: Agree | 3: Neither agree nor disagree | 2: Disagree | 1: Strongly disagree | Not Applicable | Comments |
|---|--|-------------------|----------|-------------------------------|-------------|----------------------|----------------|----------|
| 3.1 Staff demonstrate a strong understanding of child development: | 3.1.1 Staff model developmentally appropriate responses to children’s behavior, interests, temperaments and need for exploration and learning. | | | | | | | |
| | 3.1.2 Staff understand and can explain the development arc for young children. | | | | | | | |
| | 3.1.3 Staff can explain to parents how various activities and interactions support their child’s development. | | | | | | | |
| | 3.1.4 Staff participate in regular training that updates their knowledge on advances in understanding child development. | | | | | | | |
| 3.2 Staff work collaboratively with parents to coordinate support for children’s development: | 3.2.1 Staff develop an ongoing partnership with parents to ensure regular communication, common understanding of the child’s development and coordinated action to provide each child with the appropriate experiences for their developmental stage. | | | | | | | |
| | 3.2.2 Staff and parents together use appropriate assessment tools to screen for developmental concerns and monitor development. | | | | | | | |
| 3.3 Physical discipline (i.e., spanking or hitting) is not allowed in the program by staff or parents. | | | | | | | | |

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

- 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

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 strengths-based perspective.

