



Prevent Child Abuse
Florida™



Bringing Protective Factors to Life

Knowledge of Parenting & Child Development

Statewide Webinar

Thursday | April 30, 2020 | 3:30pm – 5:00pm EST

Welcome

Mr. Chris Lolley
Executive Director
Prevent Child Abuse Florida
clolley@ounce.org
www.PreventChildAbuseFL.org





*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.



Pinwheels for
PREVENTION

Prevent Child Abuse
Florida

Special Guest

Dr. Anne Hogan

Applied Developmental Psychology

USF-St. Petersburg & Florida State University

Co-Author of the Partners for a Healthy Baby Curriculum

Co-Leader of the Florida Infant Mental Health

-Infant Mental Health Endorsement Committee



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



Presenter

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

The Change is Now!

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

– Unknown

Tools to Navigate the Journey

CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™
A PROTECTIVE FACTORS FRAMEWORK

Protective Factors Framework



www.cssp.org

Protective Factors Framework

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.*

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strengthening families[™]
A PROTECTIVE FACTORS FRAMEWORK

Building Protective Factors

✓ Take Care of Yourself.



✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.



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OF SOCIAL POLICY'S

strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

Knowledge of Parenting & Child Development

(Being a Great Parent is Part Natural and Part Learned)



Participant Perspectives

Using the “Question Box”, please share:

As a parent, how are you the
same & different
from your parents?

Knowledge of Parenting & Child Development

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

What's involved?

- *Nurturing parent behaviors*
 - *Appropriate developmental expectations*
 - *Creating a developmentally supportive environment*
 - *Positive discipline techniques; effectively managing your child's behaviors*
 - *Recognizing and responding to your child's specific needs*
-

Knowledge of Parenting

What does it look like?

- *Modeling **developmentally appropriate interactions** for and with their children.*
 - ***Recognizing the need for help** and seeking information and resources to support parenting and child development.*
 - ***Being observant and asking questions** to expand child's awareness, knowledge and understanding of the world.*
 - *Addressing parenting areas of improvement **from a strength-based perspective.***
-

Knowledge of Parenting

Why is it important?

Enables parents to:

- *Assess how they were parented is impacting the way they currently parent.*
 - *Acquire new knowledge and information that allows them to evaluate experiences of their own development with their current parenting approaches to child development.*
 - *Seek and consider new and more effective ways of guiding and responding to their children and their needs.*
-

Sarah's Story – Breaking Cycles



Participant Perspectives

Using the “Question Box”, please share:

What parenting skills have you learned that assist you with being a good parent?

Knowledge of Child Development

What is it?

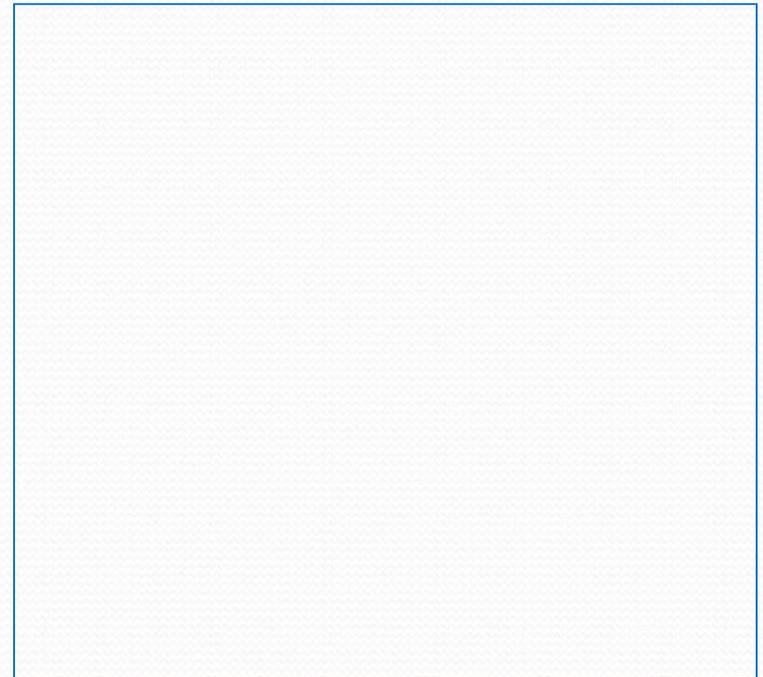
- **Domains & Interconnections**- *Physical, cognitive, language, social and emotional development*
 - **“Inside & Outside”**- *Factors that promote or inhibit healthy child outcomes*
 - **Warning Signs** - *Signs a child may have a developmental delay &/or need special help*
 - **Culture** - *Factors that influence parenting practices and the perception of children*
 - **Guidance/Discipline** – *Ways to positively impact child behavior*
-

Knowledge of Child Development

What about Early Emotions?

Early Emotions are both Signals and Motivators

- **First Year: Primary Emotions**
 - *Includes Comfort, Distress, Interest, Joy, Anger and Fear*
- **Second Year: Socialized Emotions**
 - *Includes Pride, Shame and Empathy*



Knowledge of Child Development

Why is it important?

Enables parents to:

- *Understand the importance of early brain development on a child's overall development.*
 - *Improve their observation skills.*
 - *Make sense of **why** their children behave the way they do and direct their children towards the desired behaviors.*
 - *Apply positive parenting methods and discipline that are developmentally appropriate and effective.*
-

Participant Perspectives

Using the “Question Box”, please share:

What do you know **now**
about child development that
you wish you had known **before**?

Knowledge of Child Development

What does the science say?

- *The first 1,000 Days of a child's life (conception to 2 years of age) are essential:*
 - *A time of rapid and significant brain growth unlike any other during our lifetime.*
 - *Experiences/environment shape the process that will determine a strong/weak foundation for long-term learning, behavior and health.*
 - *A time in which the foundation for intellectual, social, emotional and moral development is established.*
-

Knowledge of Child Development

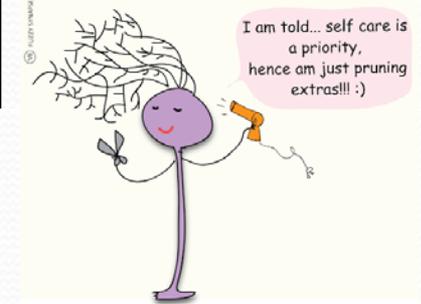
What does the science say?

- *Developing brains need proper nutrition, regularly scheduled periods of sleep, physical activity and a variety of stimulating experiences.*
 - *Loving, caring, nurturing and safe caregiver relationships are key to developing secure attachments early and learning to cope with stress later.*
-

Knowledge of Child Development

What does the science say?

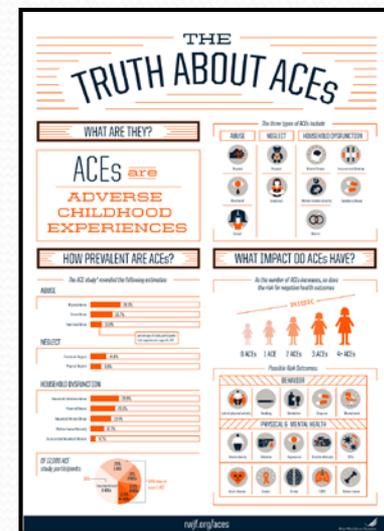
Key Brain Growth Connection Processes

Scientific Language	Synaptic Growth	Synaptic Pruning	Myelination
Everyday Language	Connection Burst	Connection Selection	Connection Speed-Up
Visual Representation			 ↑ Express Lanes

Knowledge of Child Development

What does the science say?

- When children experience **Adverse Childhood Experiences** (abuse, neglect, household dysfunction), they may:
 - Experience short- and long-term chronic health conditions.
 - Have a shorter life span.
 - Engage in social unacceptable and risky behaviors.
 - Have higher rates of substance misuse (drugs and alcohol), suicide attempts, obesity and early sexual initiation.



“A” can be for Adversity and for Angels

- *Angels in the Nursery is an Infant Mental Health concept.*
 - *They can “serve as agents of positive influence in the lives of parents and children” (A.F. Lieberman et al. [2005]).*
 - *Memories of people who have been kind and loving to us in the past, and they help guide our giving of love and care now.*
-

Participant Questions

Using the “Question Box”, please share:

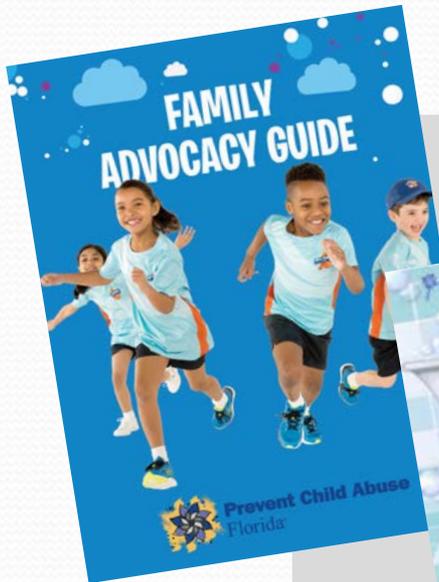
What questions do you have about Knowledge of Parenting and Child Development or about previous Protective Factors discussed?



When Spiders Unite, They Can Tie Up A Lion!

----African Proverb

Knowledge of Parenting & Child Development



Access these and other resources **at no cost!**

GET RESOURCES

www.preventchildabuseFL.org

Knowledge of Parenting & Child Development

The screenshot displays the Florida Department of Children and Families website. The top navigation bar includes the logo, social media icons, a search bar, and menu items: Home, Services, General Information, About Us, News & Events, and Contact Us. The main content area is titled "Office of Child Welfare" and features a search bar. Below this are three columns: "For Families" with links to overview, ombudsman, safety, and resources; "Abuse Hotline" with the number 1-800-962-2873 and Florida Relay 711; and "For Providers" with links to dashboard, records request, and reports. A "Child Welfare Home" section lists "Positive Parenting Guide" and "Parenting & Child Development" with a list of topics from "Your Child at Birth" to "Your Child at 24 to 36 Months". The "Positive Parenting Guide" section includes "Parenting & Child Development" and "Coping With Crying". A text block explains that crying is normal and provides a list of soothing techniques: check needs, clothing, pacifier, rocking, patting, singing, music, walking, and warm bath. It also offers strategies for frustration: call a friend, sit down, listen to music, exercise, and ensure safety. A final section, "Soothe, Don't Shake Your Baby", warns against Shaken Baby Syndrome (SBS) and provides a link to a video.

FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES
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Office of Child Welfare

Search Child Welfare

For Families

- Child Welfare Overview
- Florida Children's Ombudsman
- Child Safety and Prevention Resources
- Parent Education and Family Stabilization Course Provider List

Abuse Hotline

1-800-962-2873
Florida Relay 711 or
TTY: 1-800-955-6771

Report abuse or neglect online

For Providers

- Child Welfare Dashboard
- Child Welfare Records Request
- Florida's Center for Child Welfare
- Legislatively Mandated Report
- Residential Group Care License

Child Welfare Home

Positive Parenting Guide

Parenting & Child Development

- Your Child at Birth
- Your Newborn's Safety
- Coping With Crying
- Your Child at One to Two Months
- Choosing a Responsible Caregiver
- Your Child at Three to Six Months
- Your Child at Six to Nine Months
- Your Child at Nine to Twelve Months
- Your Child at 12 to 18 Months
- Teaching Your Child to Use the Potty
- Positive Parenting Tips that Promote Good Behavior in Early Childhood
- Your Child at 18 to 24 Months
- Your Child at 24 to 36 Months

Parenting & Child Development
Coping With Crying

WHEN YOUR BABY WON'T STOP CRYING, it can be very upsetting. Know that it is normal for your baby to cry. The average newborn cries two to three hours a day, and sometimes more. Sometimes it may seem like your baby never stops crying; and all parents find it hard to cope with crying. It may seem like your baby cries more than others, but ALL babies cry a lot.

You can try the following things to help soothe your baby:

- Check your baby's basic needs: feed, burp or change your baby's diaper if needed
- Make sure your baby's clothing is not too tight, too hot, too cold, etc.
- Offer your baby a pacifier, but never force it
- Gently rock your baby in a rocking chair or in your arms
- Softly pat your baby on the back
- Sing or talk softly to your baby
- Play soft music
- Take your baby for a walk in the stroller
- Give your baby a warm bath

Strategies to handle your frustration when your baby is crying:

- Call a trusted friend, relative or neighbor and ask them to come over to watch the baby and give you a break
- Sit down, close your eyes and take deep breaths
- Listen to music
- Exercise
- Make sure baby is safe in crib and go to another room

Dealing with a crying baby can be very stressful, but please NEVER SHAKE YOUR BABY! Shaking a baby can cause blindness, brain damage or even death. If you are feeling overwhelmed, it is important to reach out for support.

Soothe, Don't Shake Your Baby

Everyone who cares for your child should know about Shaken Baby Syndrome. Shaken Baby Syndrome (SBS) is one of the most common injuries causing death by physical abuse to infants in Florida. SBS occurs when a frustrated parent or other caregiver loses control and shakes a young child, causing permanent brain damage or death. Coping is the

Knowledge of Parenting & Child Development

It's a New Day in Public Health.
The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

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Women's Health

Home » Programs & Services » Women's Health » Florida Life Course Indicator Report » The Life Course Theory

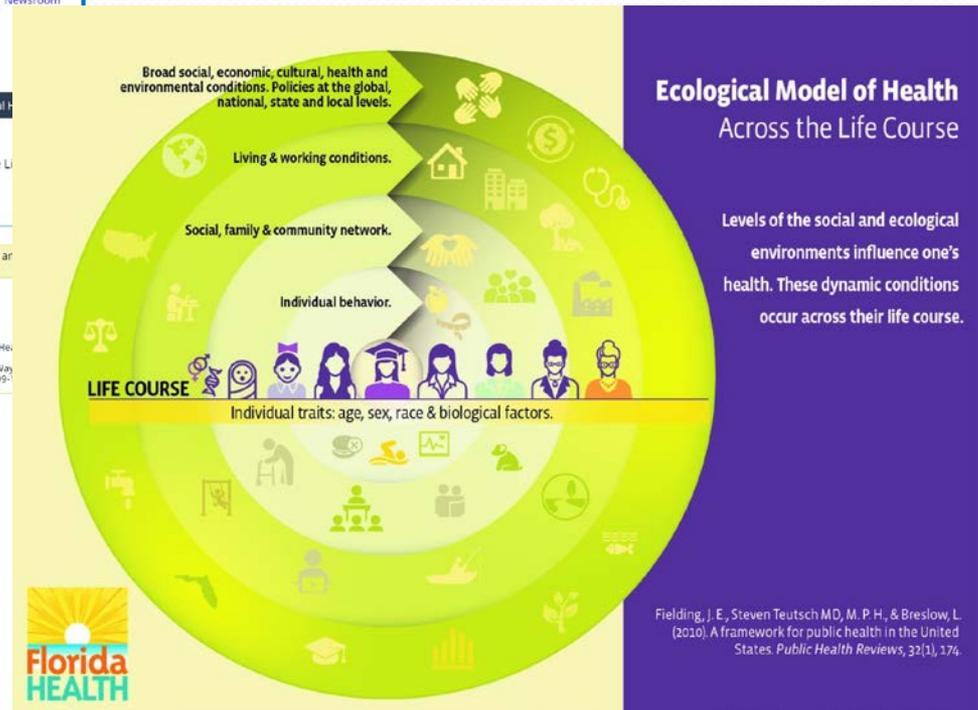
The Life Course Theory

The Life Course Theory suggests that each life stage influences the next, and together the social, economic and physical environments in which we live have a profound influence on our health and the health of our community.



The Life Course Theory looks at health as an integrated continuum where biological, behavioral, psychological, social and environmental factors interact to shape health outcomes across the course of a person's life.¹ The adoption of the Life Course Theory into public health practice requires movement away from isolated efforts and encourages broader thinking about the factors impacting health. Instead of concentrating on one health disease or condition at a time, the Life Course Theory looks to social, economic and environmental factors as underlying causes of

Contact the Maternal and Child Health Section
850-245-4465
850-245-0047
Mailing Address
Maternal and Child Health Section
4052 Bald Cypress Way
Tallahassee, FL 32399



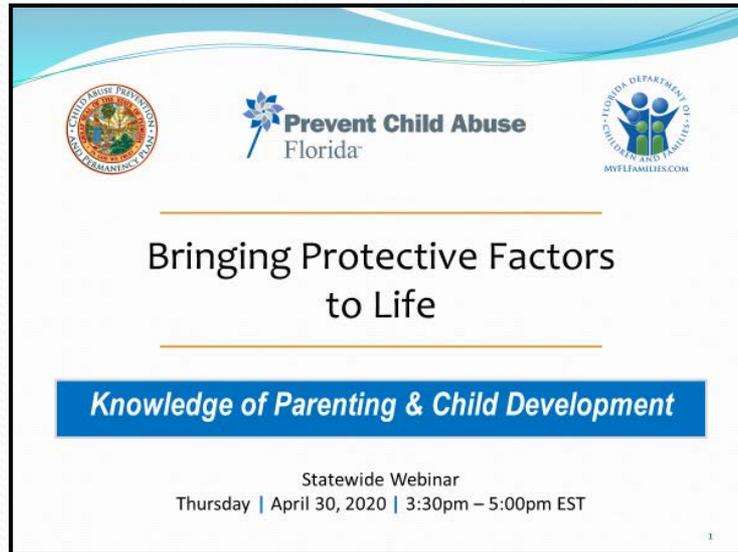
Bringing Protective Factors to Life in your Community

- 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?

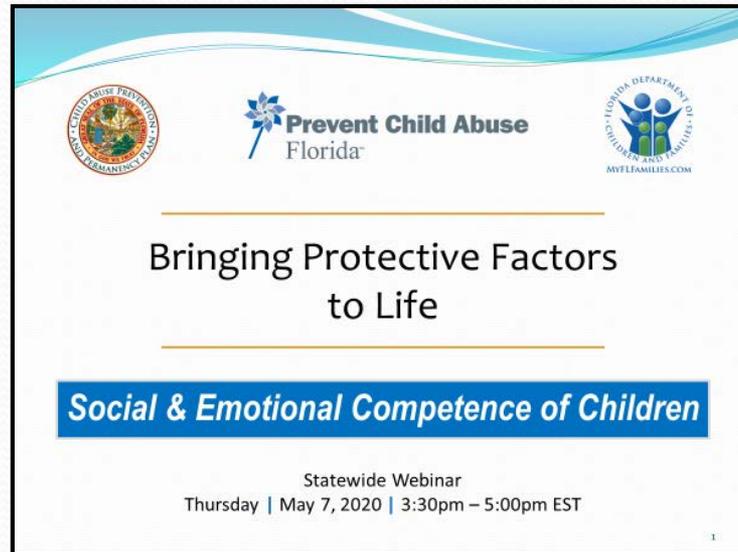




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For additional questions or comments, please email:
Chris Lolley at clolley@ounce.org or
Nydia Ntouda at nntouda@ounce.org

Please join us next Thursday,
May 7, 2020 at 3:30pm EST



The slide features three logos at the top: the Florida Department of Children and Families seal on the left, the 'Prevent Child Abuse Florida' logo in the center, and the Florida Department of Children and Families logo on the right. The main title is 'Bringing Protective Factors to Life', with 'Social & Emotional Competence of Children' highlighted in a blue box. The bottom text indicates it is a 'Statewide Webinar' on 'Thursday | May 7, 2020 | 3:30pm – 5:00pm EST'.

Child Abuse Prevention
FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES

Prevent Child Abuse
Florida

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Bringing Protective Factors
to Life

Social & Emotional Competence of Children

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

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Visit
www.PreventChildAbuseFL.org
for more information.

**Thank
You**

Mahalo

Kiitos

Tack

Toda

Grazie

Obrigado

Thanks

Takk

Merci

Gracias

For Bringing Protective Factors to Life!