

# Protective Factors Building Strong Families:

## Resources and Tips

## Why Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

# **Five Protective** Factors



## **Parental Resilience**

Resilience is managing stress and functioning well, even when things are difficult.



## **Social Connections**

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.



## Knowledge of Parenting and Child Development

By learning what children need in order to thrive, you can provide them the best start in life.



## Concrete Support in Times of Need

Knowing where to get help in times of need can make things a lot easier.



## Social and Emotional Competence of Children

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

# Parental Resilience

#### **Being Resilient as a Parent Means:**

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.

#### Parental Resilience Tune-Up Tips:

- What activities help you feel less stressed? Create a list of stress-buster activities to have on hand when times get tough.
- Write down all the things you love doing with your child and think of ways to build those activities into your day.



In this brief <u>self-guided presentation</u>, learn how everyone can help prevent ACEs by using strategies to create safe, stable, nurturing relationships and environments for all children.

<u>Sign-up for ParentPowered</u>, an evidence-based text messaging program for parents, caregivers, and educators that provides simple, accessible insights that they can integrate into everyday teachable moments — for families with children from birth to 14 years.



Download this flyer in English and Spanish

Sign-up for Healing Adoptive Families — A Trauma-Responsive Approach to Adoptive Parenting, a seminar presented by Bryan Post on August 15<sup>th</sup>, from 9am to 3pm at the Weed Community Center (161 E. Lincoln Avenue, Weed. In this training, you will gain understanding about how early life experiences and trauma affect a child's emotions and behavior, and the three communication pathways that can lead to bigger issues. A three-step technique will be presented to reduce defiance and improve family relationships along with specific innovative strategies to address severe behaviors and help navigate emotional crises.



Download this flyer here.

Like **First 5 Siskiyou** on <u>facebook</u> for the latest resources and classes!

# Social Connections

#### How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

#### **Social Connections Tune-Up Tips:**

- Join a local community group.
- Reach out to and make plans with parents who have children the same age as yours.

#### **Play Groups**

Play Groups provide an opportunity for community, connection, resource and information sharing but most importantly — the opportunity for play! There are currently weekly Play Groups happening in Happy Camp, Yreka, Montague, Weed, Mt. Shasta, and Dunsmuir throughout the summer! Find out more about each specific Play Group, and download flyers <u>here!</u>







All photos created by Krista Weagraff at recent Play Groups in south county.



## **Knowledge of Parenting** and Child Development

#### Increasing Knowledge of Parenting and Child Development Helps You:

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.

#### **Parenting and Child Development Tune-Ups:**

- Make a list of your parenting strengths to remind yourself of what you do well.
- Write down at least one thing you want to learn about parenting and consider who might help you learn it.



Learn ways to help your child/teen calm the internal emotional chaos that accompanies back-to-school night, and every other back-to-school day of the year. Register here.



#### Every family needs a team to cheer them on! Make a Home Visitor a part of your team today!



Download a Siskiyou Home Visiting brochure here.

Get connected to supports tailored to the unique needs of your family. By participating in home visiting programs, families can receive support from a variety of professionals from health, social service, and education sectors — all completely free of cost.

#### Learn more about all Siskiyou Home Visiting programs here.

Modoc Early Head Start — Serving Dorris and Tulelake Siskiyou Early Head Start — Serving Scott Valley, Yreka, Dunsmuir, Mt. Shasta, Montague and surrounding communities Shasta Head Start — Serving Mt. Shasta, McCloud and Weed Welcome Home Baby — New Home Visitation program in South Siskiyou includes short-term visits to assist with breastfeeding and new parent resources. For more information, call 760-709-1313 or 530 918-7222.



#### As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.

#### **Concrete Support Tune-Ups:**

- Learn more about what sources of support are available in your community. Check out bulletin boards at the library or visit your local family resource center.
- Help someone else get the help they need.

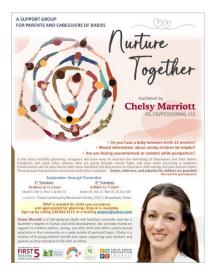
#### Siskiyou Family and Community Resource

Centers offer concrete and diverse resources to all families in Siskiyou County, including resources for assistance with housing, food, utilities and much more. Plus, they always have a cool beverage ready to share with a listening ear to support you. Visit and learn more about them at these following locations — Download this list here.

#### Siskiyou Family and Community Resource Centers

Dunsmuir Community Resource Center Family and Community Resource Center of Weed Happy Camp Community Center HUB Communities Family Resource Center McCloud Community Resource Center Mount Shasta Community Resource Center Scott Valley Family Resource Center Tulelake/Newell Family Resource Center Yreka Community Resource Center

5840 Suite A, Dunsmuir Avenue, Dunsmuir, CA 260 Main Street, Weed, CA 38 Park Way, Happy Camp, CA	530.235.4400 530.938.9914 530.493.5117
310 S. 13th Street, Montague, CA	530.459.3481
303 Main Street, McCloud, CA	530.853.1528
109 E. Lake Street, Montague, CA	530.926.1400
11920 Main Street, Fort Jones, CA	530.468.2450
810 Main Street, Tulelake, CA	530.667.2147
201 S. Broadway, Yreka, CA	530.842.1313



**Nurture Together** — A Support Group for Parents and Caregivers of Babies (from birth to 12 months) facilitated by Chelsy Marriott. Please see flyer for more details. No cost to participants. Download flyer here.

#### **Make Healthy Eating** Part of Your Total Lifestyle

Join Michelle Harris in this second special nutrition class on August 1st, 10am to 12pm at the Dunsmuir CRC. Call 530.235.4400 to register come and join us! (: Download flyer here.



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**Food Assistance Information** Siskiyou County (through Aug 6<sup>th</sup>) The locations listed are offering

food supplies to individuals and families in need. Contact the organizer to confirm availability and hours. Download flyer here.



#### To Help your Child Develop these Skills:

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.

#### Social and Emotional Competence of Children Tune-Ups:

- Look for opportunities to praise your child for making the right choices and for showing friendly behaviors, such as sharing a favorite toy.
- Create a regular family check-in routine to talk about the day.

Social-Emotional Learning (SEL) can help children better understand and identify their emotions; it can help them develop empathy, increase self-control and manage stress. It also helps them build better relationships and interpersonal skills that will serve them in school and beyond, helping them succeed as adults.
SEL starts with us — Join us in these in-person classes in Yreka and Weed and learn more! You can find more information about each of these classes, and download the flyers <u>here.</u>

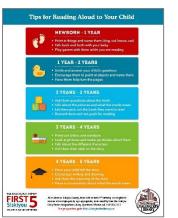




#### **Reading Supports Social Emotional Learning**

Reading helps children gain a greater understanding of emotions, which can help them understand their own emotions and those of others. It also helps them develop empathy, and learn about a wide array of people, places, and events that they may not otherwise experience. Reading also helps improve cognitive development — their acquired knowledge from reading helps them make sense of what they see, hear and read. It also provides parents with an opportunity to have dedicated time with their children and provides feelings of connection, attention, and nourishment.

Download Tips for Reading Aloud to Your Child here.



Material adapted with permission from the Center for the Study of Social Policy, www.strengtheningfamilies.net