



## 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 [self-guided presentation](#), learn how everyone can help prevent ACEs by using strategies to create safe, stable, nurturing relationships and environments for all children.

[Sign-up for ParentPowered](#), 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 [facebook](#) 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 [here!](#)



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.

### Back-to-School — Tackle Anxiety Traps With a New Bag of Brain Tricks and Neuro Hacks Presented by Ce Eshelman, LMFT

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](#).

**SUPPORTING CHILDREN AND YOUTH THROUGH CHALLENGING TIMES AND DIFFICULT BEGINNINGS**  
A monthly virtual series presented by Ce Eshelman, LMFT, Attachment and Trauma Specialist, and Author

## Back-to-School - Tackle Anxiety Traps

WITH A NEW BAG OF BRAIN TRICKS AND NEURO HACKS

Presented by  
**Ce Eshelman, LMFT**

**Wednesday Aug 2nd**  
2:45 - 5pm

The only difference between excitement and anxiety is what you think about the feelings. Let's tackle back-to-school anxiety with a new bag of brain tricks and neuro hacks. This workshop will give you some concrete 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 at: [https://www.surveymonkey.com/r/CE\\_2023-2024](https://www.surveymonkey.com/r/CE_2023-2024)  
For registration assistance by phone, call 530.918.7222

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, The Attach Place, in Sacramento. She is the facilitator of *The Love Matters Parenting Society* an online annual membership for becoming great therapeutic parents while thriving at the same time. [ce@attachplace.com](mailto:ce@attachplace.com)

**Ce Eshelman, LMFT**

Wayfinder Family Services, COPS, MISA, FIRST 5 Siskiyou, Siskiyou College Siskiyou, CHILD ABUSE PREVENTION COUNCIL FOR SISKIYOU COUNTY

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



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**.

Download a Siskiyou Home Visiting brochure [here](#).



# Concrete Support in Times of Need

## 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	5840 Suite A, Dunsmuir Avenue, Dunsmuir, CA	530.235.4400
Family and Community Resource Center of Weed	260 Main Street, Weed, CA	530.938.9914
Happy Camp Community Center	38 Park Way, Happy Camp, CA	530.493.5117
HUB Communities Family Resource Center	310 S. 13 <sup>th</sup> Street, Montague, CA	530.459.3481
McCloud Community Resource Center	303 Main Street, McCloud, CA	530.853.1528
Mount Shasta Community Resource Center	109 E. Lake Street, Montague, CA	530.926.1400
Scott Valley Family Resource Center	11920 Main Street, Fort Jones, CA	530.468.2450
Tulelake/Newell Family Resource Center	810 Main Street, Tulelake, CA	530.667.2147
Yreka Community Resource Center	201 S. Broadway, Yreka, CA	530.842.1313

**A SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF BABIES**

## Nurture Together

Facilitated by **Chelsy Marriott**  
BS, CD/PCD(DONA), CLC

• Do you have a baby between birth-12 months?  
• Would information about raising children be helpful?  
• Are you feeling overwhelmed or isolated while postpartum?

In this twice monthly gathering, caregivers will learn ways to improve the well-being of themselves and their babies. Caregivers will meet other parents who are going through similar highs and lows while parenting a newborn. Conversations will be open forum with some facilitated and discussions on important child-rearing and post-partum topics. These groups help promote community and reduce isolation. **Snacks, child care, and activities for children are provided. No cost for participants.**

September through December

**1<sup>st</sup> Tuesdays**  
10:00am to 12:30pm  
(Sept 5, Oct 3, Nov 7, & Dec 5)

**3<sup>rd</sup> Tuesdays**  
6:00pm to 7:30pm  
(Sept 19, Oct 17, Nov 21, & Dec 19)

8:00P is available for child care assistance and appreciated for planning. Drop-in is available. Sign up by calling 530.842.1313 or emailing [person@yrcrc.com](mailto:person@yrcrc.com)

Chelsy Marriott is a full spectrum doula and lactation counselor and has a bachelor's degree in human and child development. She provides hands-on support to mothers before, during, and after birth and offers science-based education in the community on a wide variety of perinatal topics. Chelsy is a mother of 4 young children and values supporting new mothers and parents as they transition to life with an infant.

**FIRST 5 SISKIYOU** **CHILD CARE**

**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 1<sup>st</sup>, 10am to 12pm** at the **Dunsmuir CRC**. Call **530.235.4400** to register — come and join us! (: Download flyer [here](#).

**Mark Your Calendars**

Lunch and child care are included! No cost to participants.

**FRUITS AND VEGETABLES**

2 Special Classes presented by **Michelle Harris, MS, RD**

**Class #1 — July 18<sup>th</sup>, 10am — 12pm**  
Quick & Easy Summer Meals & Snacks

**Class #2 — August 1<sup>st</sup>, 10am — 12pm**  
Make Healthy Eating Part of Your Total Lifestyle

Location: Dunsmuir Community Resource Center  
1844 Dunsmuir Avenue, Dunsmuir

Call 530.235.4400 to register!

Join us for an interactive two-part nutrition class to learn new ideas on how to easily incorporate fruits and vegetables into your family meals and to make healthy become part of your lifestyle.

**FIRST 5 SISKIYOU** **CHILD CARE**

Michelle Harris has been a registered dietitian and nutrition educator for over 20 years. Her passions include engaging people of all ages to make meaningful and their health a priority.

**SISKIYOU COUNTY**

**JUL-AUG 31ST-6TH**

**Monday:**  
Siskiyou Community Food Bank, 11M-5:45PM  
1601 S. Oregon St., Siskiyou, Yreka  
530-240-6382

**Tuesday:**  
Yreka Food Bank, 10AM-12:00PM  
1249 Main Street, Yreka  
530-449-2507

**Wednesday:**  
Siskiyou Food Assistance, 11AM-3PM  
783 S. Davis Ave., Weed  
530-408-1115

**Fort Jones Community Church, 3PM-4:30PM**  
3507 N. Hwy 9, Fort Jones  
530-998-8363

**First Baptist Church Mt. Shasta, 5PM**  
674 Latham Lane, Mt. Shasta  
530-526-5095

**Thursday:**  
Commodities (ONS), 11AM-11:30PM  
Kernath River Community Center, Alton  
530-258-4118

**Commodities (ONS), 12PM-1:30PM**  
Horse Creek Community Church, Horse Creek  
530-336-4115

**Thursday (continued):**  
Siskiyou Community Food Bank, 11M-5:45PM  
1601 S. Oregon St., Siskiyou, Yreka  
530-240-6382

**Tulelake/Newell Family Resource Center, 3PM**  
Produce Giveaway  
810 Main St., Tulelake  
530-667-2147

**Saint Anthony's Soup Kitchen, 3PM-5PM**  
507 Pine St., Mt. Shasta  
530-920-6477

**Friday:**  
Yreka Food Bank, 10AM-12:00PM  
1249 Main Street, Yreka  
530-449-2507

**Saturday:**  
Fort Jones Community Church, 10AM-12PM  
1502 N. Hwy 9, Fort Jones  
530-998-8363

**St. Joseph's Catholic Church, Lunch 12PM**  
Black Alley Gate Road, 212 4th St., Yreka  
530-842-4574

**Sunday:**  
United Methodist Church of Yreka, 12PM-3PM  
Black Alley Gate Road, 212 4th St., Yreka  
530-842-4574

**Do you qualify for CalFresh?**  
Let us see you will your eligibility!

**South Valley Family Resource Center**  
115-258-2400

**Family & Community RD of Wood**  
530-449-3614

**Yreka Community Resource Center**  
530-842-1313

**Tulelake/Newell FRC**  
530-667-2147

**McCloud Community Resource Center**  
530-853-1528

**Happy Camp Community Center**  
530-493-5117

**Montague Hub - Dunsmuir CRC**  
530-459-3481

**Mt. Shasta CRC**  
530-926-1400

**APPLY NOW**

\*This also available to assist with additional food needs, contact register to confirm availability.

**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](#).



# Social and Emotional Competence of Children

## 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 [here](#).

**Raising Emotionally Healthy Children**  
MEETING THE 5 CRITICAL NEEDS OF CHILDREN ... AND PARENTS TOO!

Classes Ongoing through August 29<sup>th</sup>  
Tuesdays | 5:30m - 7:30pm  
Location: Weed Community Center  
161 E. Lincoln Avenue, Weed

Family dinner and child care are included. No cost to participants.

Register by calling 530.938.9914

**Lori Keyser-Boswell**  
Lori Keyser-Boswell has earned a BA in psychology from Pacific Lutheran University, Tacoma WA and a Master of Divinity Studies from Pacific Lutheran Theological Seminary, Berkeley CA. Along with raising her two sons, Lori and her husband were foster parents to two foster children and were also to adopt their wonderful daughter. Lori continues to lead a faith community as well as being a Chapter for Pastors, Parents and Program Managers of the Court Appointed Special Advocates (CASA) program at Youth Empowerment Solutions.

Welcome to **Attachment Vitamins**  
A NEW Parenting Program from UCSF!

Do you have a child between the ages birth to 5 years, or are you pregnant? If yes, join us in this "Parenting Group!"

Through this series you will gain:

- **CONNECTION** and support through the shared experience of caring for young children
- A deeper **UNDERSTANDING** of communication and early childhood development
- **TOOLS** to minimize the impacts of stress on you and your child
- **INSIGHTS** into different parenting styles and **ADAPTIVITIES** of your own personal parenting goals

MEET OUR CO-FACILITATORS  
Toby Reusse  
Kathy Papa

**Attachment Vitamins** is a weekly parenting group with the goal to provide parents and caregivers of children aged birth-5 years with trauma-informed parenting knowledge, awareness, and awareness to the emotional needs of their children, increased mindful awareness, and improved emotion and reflective functioning.

Sign-up by calling or stopping by the Yreka Community Resource Center — 530.843.1313

A family dinner and child care are included. No cost to participants.

**MAKE PARENTING A PLEASURE!**  
ESPECIALLY CARED FOR DADS AND DAD-FIGURES! ALTHOUGH MOMS AND MOM-FIGURES ARE WELCOME TOO!

Co-facilitated by **Toby Reusse, CAADC II** and **Fermie Fernandez**

Each Wednesday  
Ongoing Weekly Classes  
5:30-7:30pm  
Location: Yreka Community Resource Center  
201 S. Broadway, Yreka  
Sign-up by calling 530.842.1313

Do you have children ages birth to 7 years old? Are you looking for ways to reduce stress and have an evening to talk with other parents about parenting topics?

In this 11-week evidence-based parenting class, you will get ideas to support your child's development, deal with discipline challenges, and learn more about communication, self-care, stress, and anger management.

ABOUT OUR CO-FACILITATORS  
Toby Reusse is a Licensed Behavioral Analyst and First Counselor (E044000131 CA) specializing in alcohol and drug counseling with adolescents and adults and their families. She is a Certified Domestic Violence Facilitator and has been a Family Educator for more than 15 years for parents and caregivers of children from birth to 18 years.

Fermie Fernandez has earned a Bachelor of Science degree and is Certified in Crisis Intervention. He has facilitated Anger and Stress Management classes and the Strengthening Families Program.

## 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](#).

**Tips for Reading Aloud to Your Child**

- NEWBORN - 1 YEAR**
  - Point at things and name them (dog, cat, house, car)
  - Talk back and forth with your baby
  - Play games with them while you are reading
- 1 YEAR - 2 YEARS**
  - Simile and answer your child's questions
  - Encourage them to point at objects and name them
  - Have them help turn the pages
- 2 YEARS - 3 YEARS**
  - Ask them questions about the book
  - Talk about the pictures and what the words mean
  - Let them pick out the book they want to read
  - Repeat words and words for reading
- 3 YEARS - 4 YEARS**
  - Point out letters and numbers
  - Look at pictures and make up stories about them
  - Talk about the different characters
  - Ask them what they like on the story
- 4 YEARS - 5 YEARS**
  - Have your child tell the story
  - Encourage writing and drawing
  - Ask them the meaning of the story
  - Have a conversation about what the words mean

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