

# strengthening families

## G E O R G I A

### **SFG Overview and Protective Factors Trainings: Descriptions and Learning Objectives**

**Title:** Strengthening Families Georgia: An Effective Approach to Supporting Families and Communities

#### **Description of the Workshop**

Learn to apply the five protective factors in your everyday work. Explore Strengthening Families Georgia efforts to embed the factors into family serving agencies.

#### **Learning Objectives**

Participants will:

1. Identify the usefulness of the 5 protective factors by matching which protective factors can help families with the challenges they face.
2. Identify ways to use the Strengthening Families information received in your work setting.
3. Identify ways to use the Strengthening Families information received with families.
4. View examples of Strengthening Families Georgia (SFG) efforts to embed SFG into all family serving agencies and organizations.

**Title of Training:** Strengthening Families Through Parental Resilience

#### **Description of the Workshop**

This Strengthening Families Georgia workshop helps child and family serving professionals to promote parental resilience every day in families through regular practice, making assessments of the parent's situation, and following-up with parents.

#### **Competency-Based Learning Objectives:**

Participants will:

1. Share examples of factors that impact resilience: coping, belief systems, emotional regulation, locus of control, self-efficacy, family roles, positive outlook, and empathy.
2. Practice with a partner assessing for appropriate referrals and follow-up using one of two assessment tools.
3. Determine which Strengthening Families Protective Factors (social connections, concrete supports, knowledge of child development, social and emotional competency of children) also apply to parental resilience activities.

**Title:** Strengthening Families Through Social Connections

#### **Description of the Workshop**

This Strengthening Families Georgia workshop will provide family serving agencies with practical ideas based on sound research to strengthen families through the protective factor, social connections.

## **Competency-based Objectives**

Participants will

1. Identify the social connections they have in their own life.
2. Discuss the impact of social connections in a good and a not so good situation in their lives.
3. Examine information about social connections and discuss what their programs can do to build social connections.
4. Make a promise about next steps following this training - A Commitment for Action.

**Title of Training:** Strengthening Families Through Knowledge of Child Development

## **Description of the Workshop**

This Strengthening Families workshop for parents and professionals will explore ways help parents build their parenting skills and better understand children and their behavior.

## **Competency-Based Learning Objectives**

Participants will:

1. Review and discuss the importance of child development knowledge and its effects on parenting.
2. Review child development basics: principles, domains/milestones, chronological/developmental age, typical development for infants/toddlers/preschoolers.
3. Discuss via scenarios how the following four principles impact parent and child behavior:
  - All children have basic needs.
  - Development occurs in stages that are predictable.
  - All children are individuals, they have their own perspective, temperament and they develop at different rates.
  - Children are dependent on adults in their environment to meet their needs, to help them development and to develop secure, consistent relationships.
4. Explore effective ways to establish open, reciprocal relationships and share child development knowledge with parents.

**Title of Training:** Strengthening Families Through Concrete Support in Times of Need

## **Description of the Workshop**

This Strengthening Families Georgia workshop explores barriers to meeting families' basic needs, assessing crisis situations, and linking families to resources through concrete support.

## **Competency-Based Learning Objectives:**

Participants will:

1. Explore basic needs and how they affect parent-children interaction.
2. Name several resources available to families.
3. Review strategies for aiding families in crisis.
4. Create a 10 Step Action Plan to implement a Concrete Support Activity.

**Title:** Strengthening Families through the Promotion of Social and Emotional Competence in Children

### **Description of the Workshop**

Based on the Strengthening Families Initiative, this training focuses on how to promote social and emotional competence in children through meaningful interactions with families.

### **Competency-Based Learning Objectives**

Participants will:

1. Discuss about how parents and caregivers promote the components of social and emotional competence (trust and attachment, autonomy/independence, emotional regulation and self-control, relationships with others, self-esteem, self-efficacy, and self-confidence, and resilience).
2. Review the importance of attachment in developing social and emotional competence in children and discuss what they can say to parents or what resources they can share with parents to help them strengthen secure attachments with their children.
3. Discuss in the “Another Way to Do It” activity differences between inappropriate and more developmentally appropriate interactions that promote attachment, emotional regulation, and positive social and emotional development.
4. Discuss what they are already doing in their programs to encourage parents to promote their children’s social and emotional competence.



### **Georgia Division of Family and Children Services**

**Office of Prevention and Family Support**

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