

strengthening families

G E O R G I A



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STRONG FAMILIES

TIPS & RESOURCES FOR PARENTS WITH HAPPY, HEALTHY AND SMART KIDS

A Strong Family is a Healthy Family!

What do strong families look like? They work together, respect each other, provide encouragement, help others, laugh together, are good role models and make healthy choices.

There are five Protective Factors that can help make your family strong! Here's how to build them in your family!

1. Parental Resilience

- Parents who are emotionally resilient are able to bounce back during tough times and can:
 - Maintain a positive attitude
 - Solve problems creatively
 - Rise to challenges in their lives effectively
 - Avoid situations that compromise their child's healthy development
- Children of "resilient" parents are often more successful in school and have an easier time meeting and making new friends. They are more likely to respond appropriately to stressful situations. Learning about communication, sharing feelings and respecting the feelings of others helps everyone.

2. Social Connections

When children are young sometimes parents feel alone and need someone to talk to. Friends are important when feeling parenting stress, needing advice and information on parenting issues. Sometimes they just need a shoulder to lean on.

- Find places where you can connect to other parents in a comfortable setting. Think of your library, faith home or playground
- Have positive friends, family, and communities who provide emotional support and assistance

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3. Knowledge of Child Development

- Understanding child development is an important part of parenting. Understanding what children can and can't do at certain ages can help you avoid frustration and get to know your child better. A better understanding of child development also can help you recognize any developmental issues early. This way you can get your child the help he or she needs.
- Have regular checkups for your child and ask your medical provider about your child's development
- Find resources, information or classes where you can learn more about raising children and what children can do at different ages and stages
- Consider participating in a parenting group

4. Concrete Support in Times of Need

- As a parent of a young child, sometimes it can be hard to get the help you need. Problems with housing, finances, relationships, illness or lack of work can make you tired. Problems also take your attention away from your child. Finding help can be hard, but getting help lessens stress.
- Asking for help can be a very difficult thing to do and some parents may not be aware that they truly do need help. Families often do not know what is available to them through various programs, schools and government agencies. They may feel they have to solve problems on their own. Being able to recognize the need for assistance and being willing to ask for help can benefit your family. If the health and well-being of your children and family are at risk because of a lack of resources such as money, food, and medical assistance, it is time to reach out for help.
- Recognize when you need support
 - Find out what services are available to you by using resources such as the PCA Georgia HELPLINE 1-800- 244-5373
 - www.preventchildabusega.org
 - Learn how to access services
 - Advocate for yourself, your child, and/or other family members to receive necessary help



5. Social and Emotional Competence of Children

- Just as children's brains and bodies develop so do their emotions and their ability to say how they feel. Social and emotional skills are two of the most important skills that young children learn during their first years of life.
 - Be sure your children feel loved, a sense of belonging, and get along with others
 - Read to your children and play with them to help their brains and bodies develop.
 - Talk with your child to help them learn to understand and manage their feelings.
- How you respond to a child's feelings shapes how they learn to understand and cope with feelings of anger, happiness and sadness that are a big part of growing up.

Visit <http://strengtheningfamiliesga.net> to learn more about Strengthening Families Georgia and the Protective Factors



New and Updated Resources for Parents and Professionals:

Songs and Rhymes that Build Readers

Songs that use movement or finger play, like The Itsy-Bitsy Spider, can be a great way to draw very young children to interact. This site has videos of native speakers demonstrating interactive songs in English, French, Spanish, Amharic, Arabic, American Sign Language, Italian, Russian, and Viet.

Check it out at <https://www.storyblocks.org/>



First Feelings: The Foundation of Healthy Development, Starting From Birth

It's so important to help young children learn how to cope with their feelings. This article from ZERO TO THREE offers ideas for how to guide children in sharing the joys and coping with challenges, starting on day one. <https://www.zerotothree.org/resources/294-first-feelings-the-foundation-of-healthy-development-starting-from-birth>

Milestones in Action: Now Available in Spanish

The [Learn the Signs, Act Early](https://www.cdc.gov/ncbddd/actearly/) website from the CDC (<https://www.cdc.gov/ncbddd/actearly/>) has an amazing array of free resources for families and professionals. A new feature is the [Spanish version of The Milestones in Action library](#). This resource was created to help parents, early care and education providers, and healthcare professionals to identify developmental milestones in very young children (2 months to 5 years) and areas of concern through photos and videos

Library in Spanish <https://www.cdc.gov/ncbddd/spanish/actearly/milestones/milestones-in-action.html>

Library in English <https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>

Prevent Child Abuse Georgia's 1-800-CHILDREN Helpline

(1-800- 244-5373, M-F, 8:00 am– 6:00 pm) is a statewide information and referral number for people who are concerned about the healthy development of children and the prevention of child abuse and neglect. Callers can talk to a trained individual who cares and wants to help. The helpline is staffed by

bilingual professionals who link people with parenting support, counseling, referrals for legal needs, grandparent support, community assistance, and resources for special needs children. More information about other services offered by Prevent Child Abuse Georgia can be found at: www.preventchildabusega.org



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Who Are We?

Strengthening Families Georgia (SFG) represents a multi-disciplinary partnership of nearly 50 national, state and local, and public and private organizations dedicated to embedding five research-based Protective Factors into services and supports for children and their families. SFG is funded by the Georgia Department of Human Services, Division of Family and Children Services (DHS-DFCS) through the Federal Community-Based Child Abuse Prevention Grant Program. The Georgia Association for the Education of Young Children (GAEYC), state affiliate of the National Association for the Education of Young Children (NAEYC), administers SFG.

OUR MISSION

To utilize the Strengthening Families assets-based framework of Protective Factors in all systems, programs, services and activities supporting families with young children as the approach to achieving the vision.

OUR VISION

All families with children birth through age five in Georgia have the resources and support necessary for a meaningful and successful life.

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