

strengthening families

G E O R G I A

Overview

Protective Factor Modules for Parents

Five one-hour parent modules help parents strengthen their resilience, social connections, knowledge of child and social emotional development, and make use of community and state resources. These five areas are nationally recognized as protective factors to reduce the likelihood of child abuse and neglect and to improve child development outcomes.

The parent modules were developed for use with foster care, kinship, incarcerated, homeless, faith-based, at-risk or vulnerable families, and families in general. Each interactive module consists of a parent friendly PowerPoint presentation with several activities and a user friendly front and back handout. The handout summarizes the key points, identifies go to resources, and asks parents to identify their next steps in using what they have learned.

Parent module facilitators have successfully completed a 12-hour Strengthening Families Georgia (SFG) Protective Factors for Parent and Community Leaders Training of Trainers. The parent modules can stand alone or be presented as a series. Facilitators agree to abide by ethical training guidelines and submit participant sign-in sheets and completed Division of Family and Children Services - Prevention and Community Support (DFCS/PCS) evaluations.

One-Hour Parent Trainings:

Protective Factor Module Descriptions

Title of Training: Strengthening Parental Resilience

Description: This Strengthening Families Georgia workshop helps parents use strategies that build resilience every day to help support themselves and their families.

Learning Objectives

Parents will:

- Identify what skills can help build your resilience
- Choose how to strengthen resilience in your everyday life
- Learn how to support others in your social network



Title: Strengthening Social Connections

Description: This Strengthening Families Georgia workshop provides families with practical ideas based on sound research to build positive relationships, a circle of support and strengthen their social connections.

Learning Objectives

Parents will:

- Tell what social connections mean to them
- Identify their social connection strengths
- Determine their Circle of Support
- Develop a plan to increase their social connections



Title: Strengthening Knowledge of Child Development

Description: This Strengthening Families workshop helps parents explore ways to build their parenting skills and better understand children and their behavior.

Learning Objectives

Parents will:

- Learn more about how their children develop
- Learn ways to use their knowledge about how children develop to help their children grow



Title: Finding Concrete Support in Times of Need

Description: This Strengthening Families Georgia workshop helps parents identify strategies to help when they are in need and links families to concrete support resources.

Learning Objectives

Parents will:

- Explore basic needs and how they affect families
- Discuss strategies to help when they are in need of support
- Identify resources available to families in their community



Title: Strengthening Social and Emotional Competence in Children

Description: This Strengthening Families Georgia workshop helps parents encourage their child's self-control skills, build trust and healthy relationships, and use positive discipline.

Learning Objectives

Parents will:

- Identify what social skills they want their children to have
- Discuss strategies to promote:
 - Trust & Attachment
 - Autonomy & Independence
 - Control & Appropriate Expression of Emotions
 - Healthy Relationships with Others
 - Positive Feelings about Themselves
 - Empathy, Sympathy & Positive Social Behavior
- Distinguish between and give examples of discipline vs. punishment
- Complete a temperament questionnaire, "Know Yourself and Your Child"



Georgia Association for the Education of Young Children



The protective factors modules were re-developed for parents by the Georgia Association for the Education of Young Children (GAEYC) through funding from United Way of Greater Atlanta. Individuals who have completed the Strengthening Families Georgia (SFG) Training of Trainers: Protective Factors for Parent and Community Leaders and have fulfilled their commitments to SFG are approved to present the parent modules.



**PREVENTION AND
COMMUNITY SUPPORT SECTION**

Strengthening Families Georgia is continuously supported in part by the Georgia Division of Family and Children Services through the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590). Points of view or opinions stated in this document are those of the author(s) and do not necessarily represent the official position or policies of the Georgia Division of Family and Children Services or the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590)."