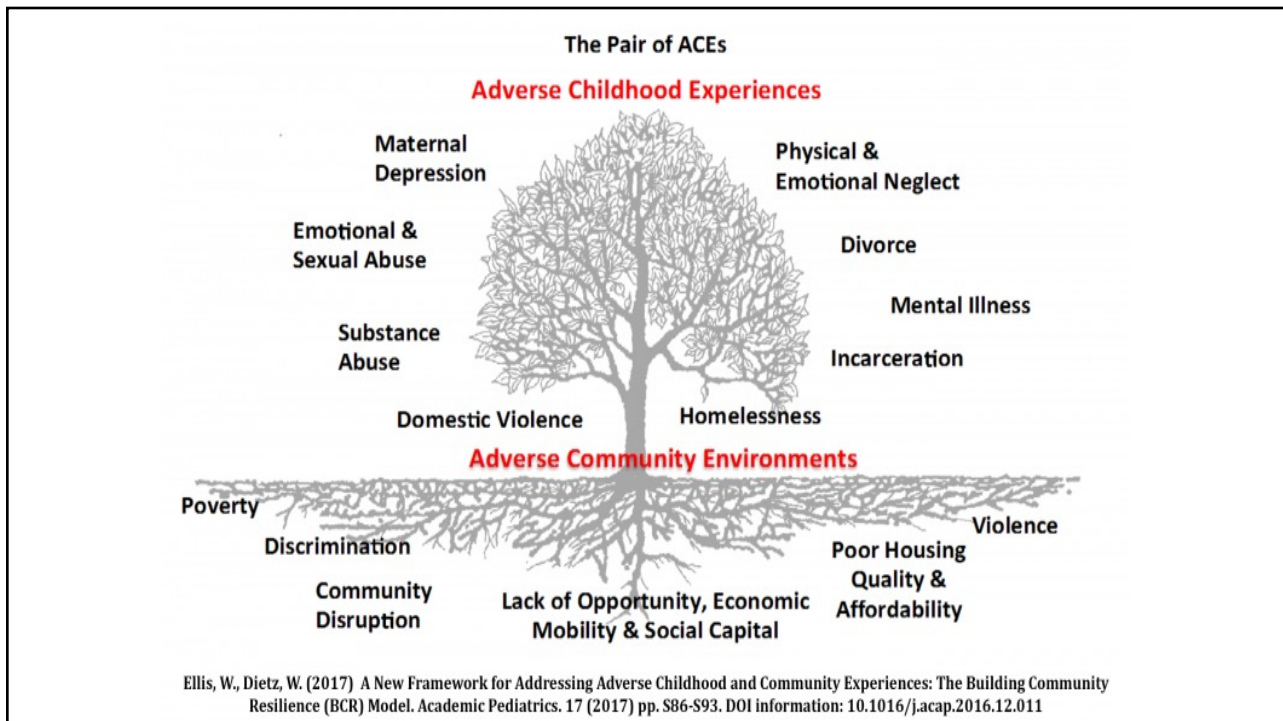
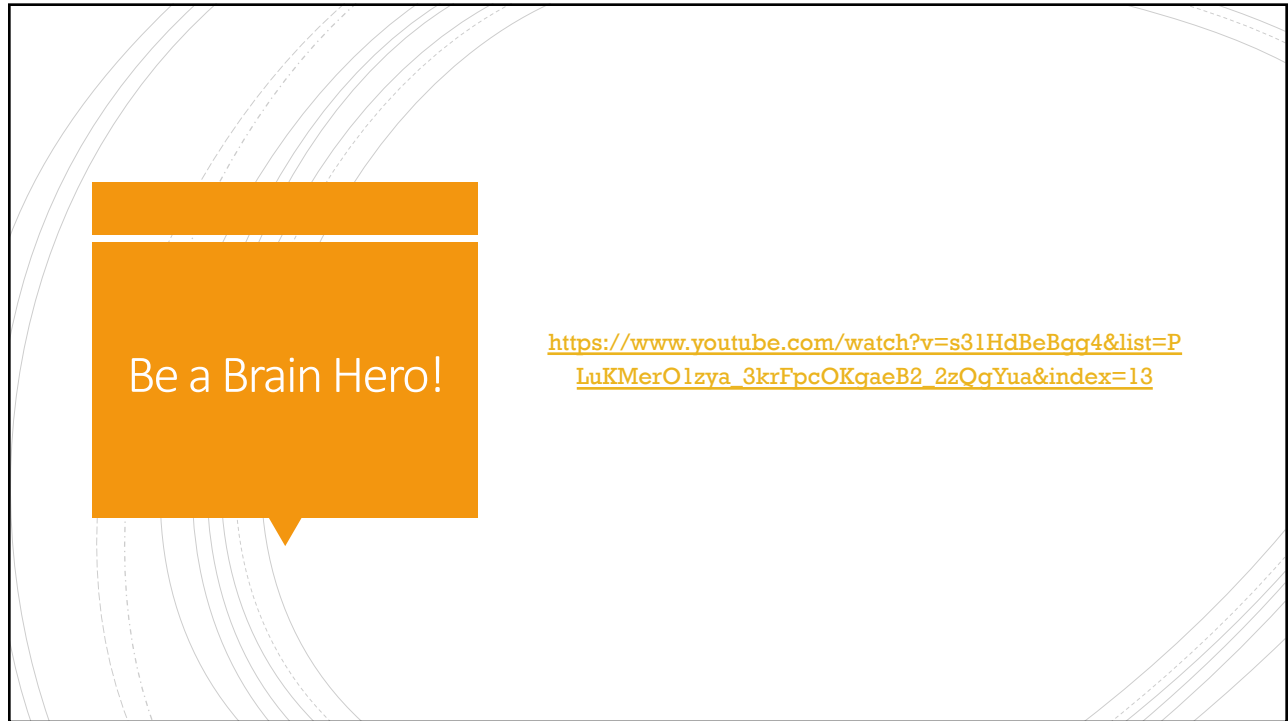


**Growing Up ACEs:**  
**Understanding the Impact on Child and Family Development**  
**Session Two**  
**Presenter: Jessica A Cantin, M.S., ECMAP**

1



2



3



4

## Learning Objectives

- Explore the Strengthening Families 5 protective factors and their impact on the developing child and family
- Understand strategies to support the healthy development of children and families who have experienced ACEs
- Identify program and community strategies that build protective factors

5

## Resilience

*The human capacity to face, overcome, be strengthened by and even transformed by the adversities of life.*



6

## Parental resilience

Managing stress and functioning well when faced with challenges, adversity and trauma

---

### What it looks like

#### *Resilience to general life stress*

- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions

#### *Resilience to parenting stress*

- Not allowing stress to interfere with nurturing
- Positive attitude about parenting and child

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

7

## Parental resilience

---

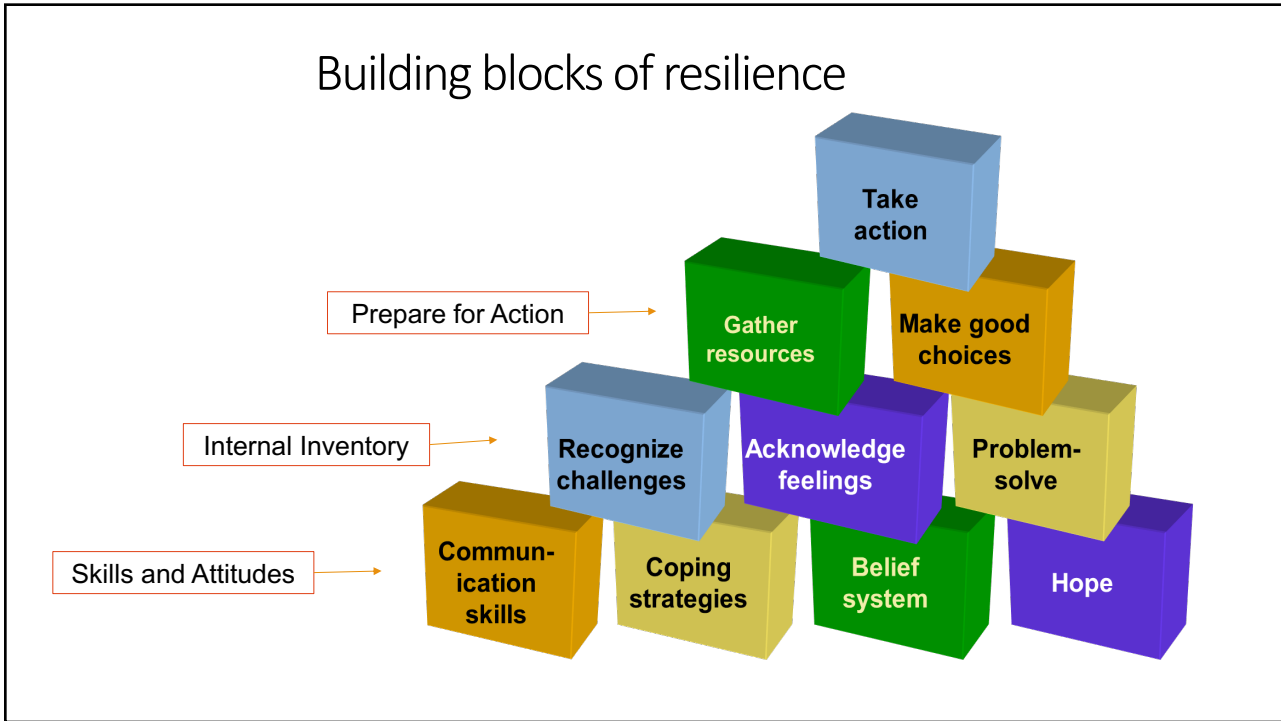
### Everyday actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times

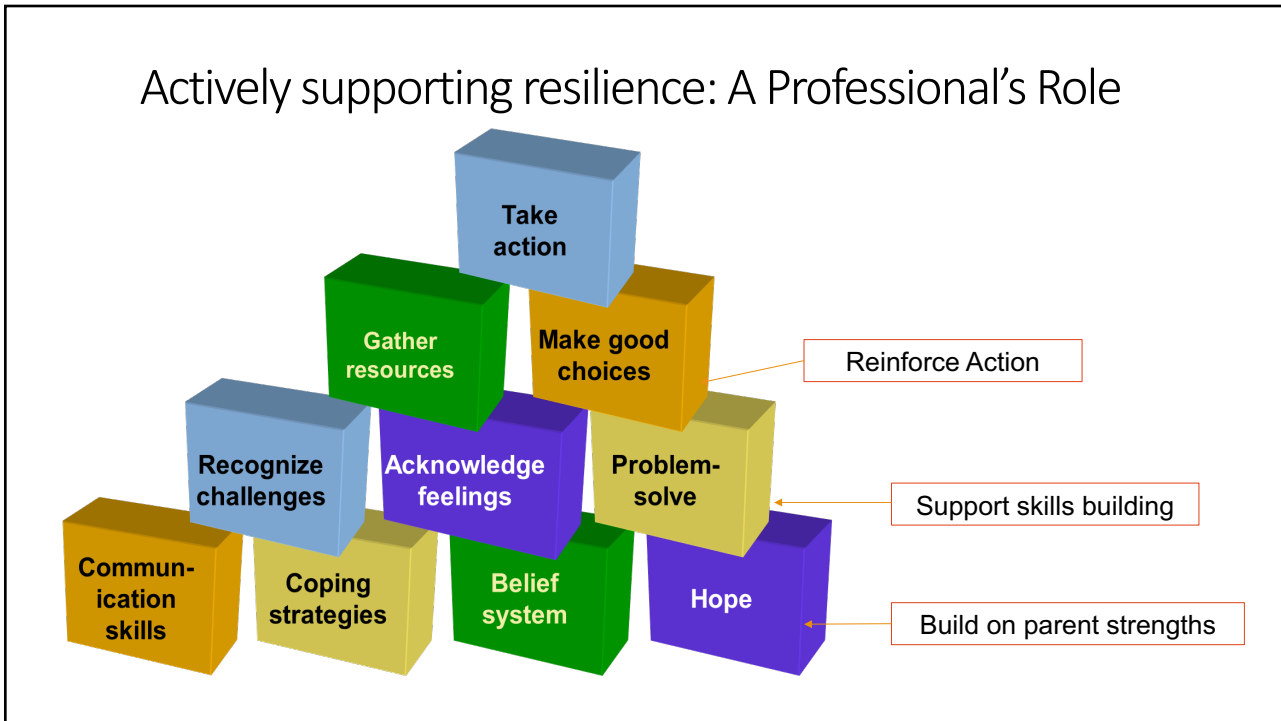
CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

8



9



10

## Parental Resilience

For c

---

### Parents may...

- Have their own trauma history
- Have co-occurring issues (DV, substance abuse, etc.)
- Feel negative about themselves
- Worry about seeking help for their child
- Be parenting children who have experienced trauma
- Be parenting children with special needs
- Worry about what could happen to their children in hostile environments

### Teacher's role

- Project a positive and strengths-based approach to the family
- Support the family as key decision-makers and validating and supporting good decisions
- Normalize that parenting is stressful and support parents during stressful parenting situations
- Acknowledge / be aware of societal trends that have had a negative impact

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

11

## Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support

---

### What it looks like

- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

12

## Social connections

---

### Everyday actions

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support
- Promote engagement in the community and participation in community activities

How Children and Adults Can Build Core Capabilities for Life  
[https://www.youtube.com/watch?v=6NehuwDA45Q&list=PLuKMerO1zya\\_3krFpcOKgaeB2\\_2zQgYua](https://www.youtube.com/watch?v=6NehuwDA45Q&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua)

## Knowledge of parenting & child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

### What it looks like

- Nurturing parenting behavior
- Appropriate developmental expectations
- Ability to create a developmentally supportive environment for child
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

15

## Knowledge of parenting & child development

### Everyday actions

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
- Address parenting issues from a strength-based perspective

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

16





17

## Concrete support in times of need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

### What it looks like

- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help

18

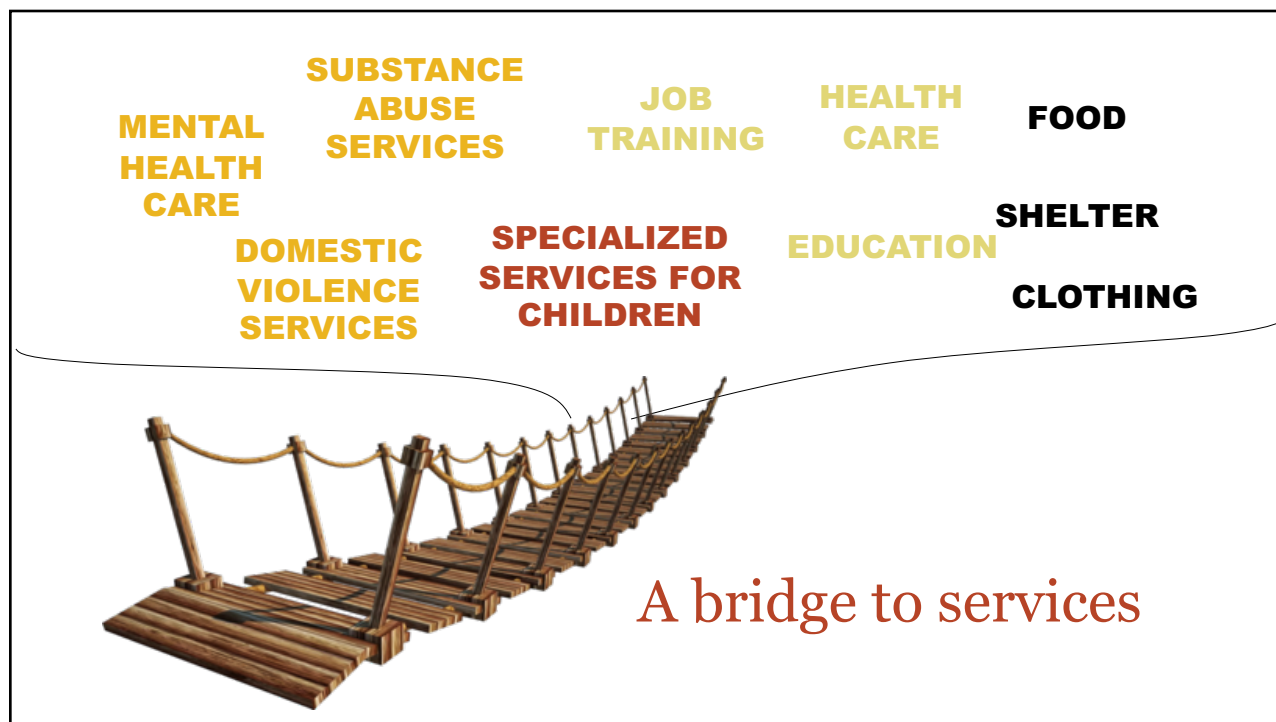
## Concrete support in times of need

### Everyday actions

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S  
**strengthening families**  
A PROTECTIVE FACTORS FRAMEWORK

19



20

## Social & emotional competence of children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

### What it looks like

#### *For the parent:*

- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

#### *For the child:*

- Age appropriate self-regulation
- Ability to form and maintain relationships with others
- Positive interactions with others
- Effective communication

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

strengthening families<sup>SM</sup>

A PROTECTIVE FACTORS FRAMEWORK

21

### Why Social Emotional Competence is Important

Children with a strong foundation in emotional vocabulary:

- tolerate frustration better
- get into fewer fights
- engage in less destructive behavior
- are healthier
- are less lonely
- are less impulsive
- are more focused
- have greater academic achievement

(Center for the Social Emotional Foundation for Early Learning)

22

## Social & emotional competence of children

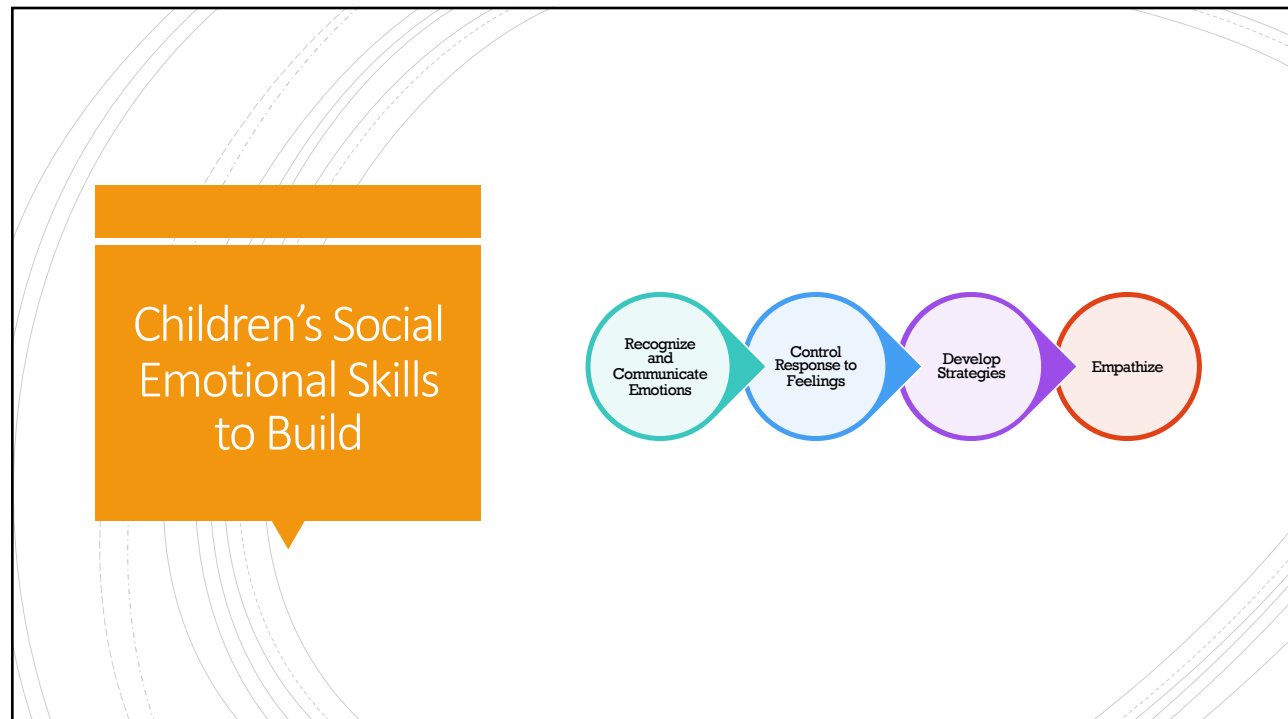
### Everyday actions

- Help parents foster their child's social emotional development
- Model nurturing care to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support

CENTER FOR THE STUDY  
OF SOCIAL POLICY'S

strengthening families<sup>SM</sup>  
A PROTECTIVE FACTORS FRAMEWORK

23



24



25

**Resources**

- Center on the Developing Child (2010). *The Foundations of Lifelong Health Are Built in Early Childhood*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).
- National Scientific Council on the Developing Child (2005/2014). *Excessive Stress Disrupts the Architecture of the Developing Brain: Working Paper No. 3*. Updated Edition. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).
- National Scientific Council on the Developing Child (2010). *Persistent Fear and Anxiety Can Affect Young Children's Learning and Development: Working Paper No. 9*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).
- National Scientific Council on the Developing Child (2004). *Young Children Develop in an Environment of Relationships: Working Paper No. 1*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).
- Center for the Study of Social Policy-Strengthening Families  
Retrieved from: <https://cssp.org/our-work/project/strengthening-families/>

26