

Why Do They DO That? Knowledge Reduces Parent Stress!

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NATIONAL ALLIANCE OF CHILDREN'S TRUST & PREVENTION FUNDS
 Bringing the Protective Factors Framework to Life in Your Work

Essential Elements

- The Importance of Knowledge
- How Culture Influences Knowledge
- How Knowledge Fits into the Framework (logic model)
- Everyday Actions that Build Knowledge
 - Model developmentally appropriate interactions with children
 - Provide information and resources on parenting and child development
 - Encourage exploration of parenting issues or concerns
 - Provide opportunities to try out new parenting strategies
 - Address parenting issues from a strength-based perspective
- Strengthening Parenting
- Creating an Environment Where Parents are Comfortable Asking for Help

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Three Common Threads Throughout the Curriculum

1. The Strengthening Families™ Protective Factors Framework – Understanding and communicating the importance of how to use the framework as we go about our everyday work.
2. The importance of culture – How culture impacts families as they seek to build protective factors and how our own culture shapes how we individually feel, act and think.
3. The critical role parents play in strengthening families – Viewing parents as valuable partners in every phase of the work we do.

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Knowledge of Parenting and Child Development

David's "Rules of Parenting"

- Who helped David gain some insight and knowledge about children and parenting?
- What is a skill David has now that he did not have at 17? How has that affected how he parents his children?
- David refers to the "rules of parenting" that he learned through a parent support group. Not everyone believes there are "rules" that parents should follow. Describe the language providers use when sharing information, techniques and perspective with parents.

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How Culture Influences

Knowledge of Parenting and Child Development

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"If you had a good enough parent, you are most fortunate because you had a real parent."
 ~ Dr. Donald Winnicott

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What strategies and everyday actions do you use to support parents to increase their knowledge of child development?

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Strengthening Families™ Arizona

Helpful Resources Strengthening Families™ Arizona
<https://www.pcaaz.org/strengtheningfamilies/>
The Center for the Study of Social Policy
<http://www.cssp.org/reform/strengtheningfamilies> **Protective Factor Action Sheets**
<http://www.cssp.org/reform/strengtheningfamilies/about/body/ProtectiveFactorsActionSheets.pdf>
The National Alliance of Children's Trust & Prevention Funds
<http://www.ctf alliance.org/onlinetraining.htm>
Building Community Building Hope Resource Guide 2016
 (yellow book) www.childwelfare.gov/topics/preventing

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