



Southern Oregon
Early Learning Services

Family Engagement Tool Kit

The Power of the 5 Protective Factors

COVID-19 has changed the way we live and interact with each other. Families with children are facing lost income, social isolation, stress in navigating child care and school changes, all while trying to continue to support their children's healthy growth and development.

While we may not be able to prevent all of the impacts of the pandemic on families, research is clear that by increasing these [5 Protective Factors](#) in the lives of our families, they are able to navigate challenges with more success.

[Southern Oregon Early Learning Services Hub](#) has compiled this toolkit to get resources into the hands of our partners who serve children and families. We hope it is helpful to you. *Please share with others!*

Tool Kit format: Each protective factor section includes the following:

- Page 1– Definitions/Talking Points for partners to share and discuss with families
- Page 2- Resources for partners to use and learn more about while supporting families
- Page 3/4 (English/Spanish)– Flyer to share with families



Social Connections

What do *Social Connections* look like for you?

Building trusting relationships; feeling respected and appreciated



Having friends, family members, neighbors and others who:

- provide emotional and spiritual support like empathy, listening ear, connection, hope and encouragement
- provide concrete support like providing transportation, meals, babysitting, etc.
- provide support/serve as a resource for parenting skills such as parenting classes, books, webinars, tips,
- help solve problems
- help buffer other parents from stressors
- reduce feelings of isolation
- provide a sense of connectedness that enables parents to feel secure, confident and empowered to “give back” to others
- having multiple friendships and supportive relationships with others while feeling respected and appreciated

Social Connections

What YOU can do as a Partner working with families:

- Ask about their healthy relationships, “who could they count on?”
- Suggest positive places to meet others like play groups, support groups, and parenting classes
- Learn about different family friendly gatherings in the community and share with families
- Share characteristics of healthy relationships
- Attend a “Strengthening Families Protective Factor” Training Series to learn more!

Resources for families:

- [Family Support and Connections](#)
- [Bridging Communities Support Groups](#)
- [SOELS Kaleidoscope Play and Learn Groups](#)
- [Family Nurturing Center Warmline and Circle of Security](#)



10 Ways to Build Social Connections for Your Family

1. Schedule a play date
2. Join a parenting class or support group
3. Identify your “Top 5,” recognizing who is there to support you
4. Attend events offering different resources
5. Recognize warning signs of isolation
6. Get to know your neighbors
7. Identify the qualities you look for in a friend
8. Reconnect with an old friend
9. Start a new hobby
10. Be yourself and SMILE!

FACT: We are stronger together! Friends, family and neighbors can give great support to each other. Even though it may feel hard it's always okay to ask for help when you need it. You can be a help to others too!

10 Formas de Construir Conexiones Sociales para su Familia

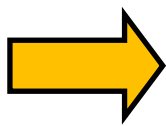
1. Programa una cita para jugar
2. Únase a una clase o grupo de apoyo para padres
3. Identifique sus "5 mejores", reconociendo quién está allí para apoyarlo
4. Asiste a eventos que ofrecen diferentes recursos.
5. Reconocer las señales de advertencia de aislamiento
6. Conozca a sus vecinos
7. Identifica las cualidades que buscas en un amigo.
8. Vuelve a conectarte con un viejo amigo
9. Empiece un nuevo pasatiempo
10. ¡Sea usted mismo y SONRÍE!

HECHO: ¡Somos más fuertes juntos! Los amigos, familiares y vecinos pueden brindarse un gran apoyo entre ellos. Aunque pueda parecer difícil, siempre está bien pedir ayuda cuando la

Concrete Supports

What do *Concrete Supports In Times of Need* look like for you?

Access to concrete support and services that address a families needs and help minimize stress



Having resources and services that support specific needs for your family:

- being resourceful
- being able to identify, find and receive the basic necessities everyone deserves in order to grow (e.g., healthy food, a safe environment), as well as specialized medical, mental health, social, educational or legal services
- understanding one's rights in accessing eligible services
- gaining knowledge of relevant/helpful services
- navigating through different service systems
- seeking/asking for help when needed
- having financial security to cover basic needs and unexpected costs

Concrete Supports

What YOU can do as a Partner working with families:

- Promote the use of 211info.org
- Ask families “what do you need?”
- Help families navigate services by doing it with them
- Attend a “Community Resource Orientation for Professionals” to learn more about community partners.
- Attend a “Strengthening Families Protective Factor” Training Series to learn more!

Resources for families:

- Family Nurturing Center’s Resource Screener
- 211info.org
- ODHS Assistance including Food, Cash and Child Care
- ACCESS (Jackson County)
- United Community Action Network-UCAN (Josephine County)



10 Ways to Support Your Family with Concrete Supports

1. Advocate for yourself and family

2. Apply for cash assistance through ODHS

3. Finding out about additional funding to support your needs

4. Identify the barriers in your life and remove them

FACT: Seeking help is a step toward improving one's circumstances and learning to better manage stress and function well.

5. ASK FOR HELP!

6. Get budget support

7. Request a home visitor

8. Be active participants in the change process for your family

9. Be aware of your bias towards the system of services

10. Share the resources you know about with others!

10 Formas de Apoyar a su Familia con Apoyo Solido

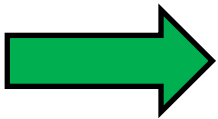
1. Aboga por usted y su familia
2. Solicite asistencia en efectivo a través de ODHS
3. Obtener información de financiamiento adicional para cubrir sus necesidades.
4. Identifique y elimine las barreras en su vida.
5. ¡PIDA AYUDA!
6. Obtenga apoyo pre-supuestario
7. Solicite un visitador domiciliario
8. Sea un participante activo en el proceso de cambio de su familia.
9. Sea consciente de su sesgo hacia el sistema de servicios
10. ¡Comparta los recursos que conoce con otros!

REALIDAD: Buscar ayuda es un paso hacia la mejora de las circunstancias de uno y aprender a manejar mejor el estrés y funcionar bien.

Parental Resilience

What does *Parental Resilience* look like for you?

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



Having the ability to bounce back from stressors:

- manage the stressors of daily life and not allow it to keep you from providing nurturing attention to your child(ren)
- find the inner strength to meet personal challenges, manage adversities/stress and meet challenges
- having self-confidence
- believing that you can make and achieve goals
- having faith; feeling hopeful
- having a positive attitude about life in general and about your parenting role and responsibilities
- managing anger, anxiety, sadness, feelings of loneliness and other negative feelings
- seeking help for you and your child when needed

Parental Resilience

What YOU can do as a Partner working with families:

- Recognize the strengths of the family
- Acknowledge the abilities of the family “not giving up”
- Learn and understand the circumstances of the family
- Ask the family what “resilience” means to them
- Attend a “Strengthening Families Protective Factor” Training Series to learn more!

Resources for families:

- [Resilience Webinar](#) from Conscious Discipline
- [Practice Mindfulness](#)
- [Healthy Coping Skills](#) for Uncomfortable Emotions
- Siskiyou Community Health Center Outreach Program
(Home Visiting for Jackson and Josephine, call 541-472-4777 and ask for outreach)



10 Ways to Support Parental Resilience in Your Family

1. Ask for help when you are stressed
2. Identify your strengths
3. Practice positive self-care routines
4. Set achievable goals for your family
5. See a mental health provider
6. Start a gratitude journal
7. Establish good sleep and eating habits
8. Create a plan to accomplish tasks
9. Maintain healthy relationships
10. Be able to identify your toxic stress

FACT: Parents are more likely to achieve healthy, favorable outcomes if they are resilient. Resilience is the process of managing stress and functioning well even when faced with challenges, adversity and trauma.

10 Formas de Apoyar la Resiliencia en los Padres de su Familia

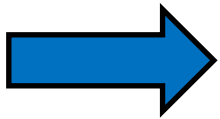
1. Pida ayuda cuando esté estresado
2. Identifica sus fortalezas
3. Practique rutinas positivas de cuidado personal
4. Establezca metas alcanzables para su familia
5. Visite a un proveedor de salud mental
6. Empiece un diario de gratitud
7. Establezca buenos hábitos de sueño y alimentación
8. Haga un plan para realizar las tareas.
9. Mantenga relaciones saludables
10. Sea capaz de identificar su estrés tóxico.

HECHO: Los padres tienen más probabilidades de lograr resultados saludables y favorables si son resilientes. La resiliencia es el proceso de manejar el estrés y funcionar bien incluso cuando se enfrentan a desafíos, adversidades y traumas.

Knowledge of Parenting & Child Development

What does *Knowledge of Parenting and Child Development* look like for you?

Understanding and using child development and parenting strategies
with your children



**Taking time to learn about your child's development, needs
and skills to support their growth over time:**

- speaking to them with kindness, respect and love
- quality time
- supporting communication through ongoing conversations and questions
- providing opportunities for children to move their bodies
- teaching them new skills that creates independence and curiosity
- provide a variety of opportunities to learn about the world around them
- learning about each developmental domain: social/emotional, language, physical, and cognitive
- reinforce positive behaviors through encouragement and recognition
- model expected/desired behaviors

Knowledge of Parenting & Child Development

What YOU can do as a Partner working with families:

- Learn about the different development domains and typical development for different stages in a child's development
- Explain parent's are their child's first teacher
- Acknowledge the skills of the child and encourage the parent to recognize their child's ability
- Attend parenting classes to learn more different parenting strategies/styles
- Respectfully communicate positive parenting practices through the families cultural traditions.

Resources for families:

- Download the [VROOM](#) educational app on your smart phone
- The Family Connection [Parenting Classes](#)
- Complete a [developmental screening](#) to learn more about your child's development



10 Ways to Support Knowledge of Parenting & Child Development in Your Family

1. Attend a parenting class
2. Enroll your child into preschool or request a home visitor
3. Join a playgroup
4. Respond to your child in a predictable way
5. Show warmth and sensitivity
6. Having routines and household rules
7. Sharing books and talking with children
8. Support your child's health and safety
9. Use appropriate discipline without harshness
10. Play with them!

FACT: Parenting takes many different forms. Positive parenting practices provide the care that children need to be happy and healthy, and to grow and develop well.

10 Formas de Apoyar el Conocimiento de la Crianza de los Hijos y Desarrollo Infantil en su Familia

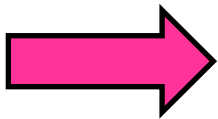
1. Asiste a una clase para padres
2. Registre a su hijo en un programa preescolar o de visita en casa.
3. Únase a un grupo de juego
4. Responda a su hijo de una manera predecible
5. Muestre calidez y sensibilidad
6. Tener rutinas y reglas del hogar
7. Compartir libros y hablar con los niños
8. Apoye la salud y seguridad de su hijo
9. Use la disciplina adecuada sin severidad
10. ¡Juegue con ellos!

HECHO: La crianza de los hijos toma muchas formas diferentes. Las prácticas de crianza positiva brindan el cuidado que los niños necesitan para ser felices y saludables, y para crecer y desarrollarse bien.

Social & Emotional Competence in Children

What does *Social and Emotional Competence in Children* look like for you?

Understanding your child's temperament, social abilities and need to connect



Taking time to learn about your child's curiosity, independence and learning style:

- spending one on one time with each child to get to know their individuality and strengths
- create opportunities for children to be independent and develop self-help skills
- provide empathetic responses during stressful situations
- model empathy, grace and forgiveness
- allowing your child to share their thoughts and perspective
- learn about your child's temperament and how to communicate in their "language"
- supporting your child's peer relationships

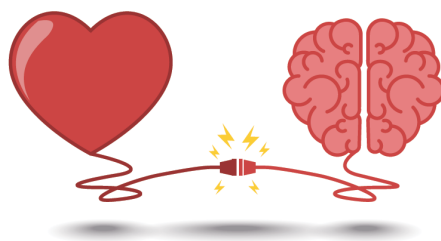
Social & Emotional Competence in Children

What YOU can do as a Partner working with families:

- Learn more about different temperaments
- Acknowledge ways the family supports expressing emotions
- Remember even young children can benefit from mental health services, contact a provider in your area.
- Practice reflective listening during stressful times
- Attend a “Strengthening Families Protective Factor” Training Series to learn more!

Resources for families:

- [Learning about Temperaments](#)
- [4 Ways to Support Social-Emotional Growth](#)
- [Learning about Emotional Intelligence](#)
- [Creating Compassionate Kids Resources](#)



10 Ways to Support Social & Emotional Competence in Children in Your Family

1. Help your child learn to recognize and deal with emotions
2. Learn about your child's temperament
3. Set clear limits and expectations
4. Model empathy
5. Help your child learn to recognize and solve social problems
6. Support curiosity and perseverance
7. Give grace
8. Practice daily mindfulness and gratitude
9. Join a parent support group
10. Teach or help your child learn how to be a friend

FACT: Change and uncertainty can be hard for young children. Creating routines that can stay the same helps kids feel more secure and in control.

10 Formas de Apoyar la Competencia Social y Emocional de los niños en su Familia.

1. Ayude a su hijo a aprender a reconocer y lidiar con las emociones.
2. Aprenda sobre el temperamento de su hijo
3. Establezca límites y expectativas claros
4. Modele empatía
5. Ayude a su hijo a aprender a reconocer y resolver problemas sociales.
6. Apoye la curiosidad y la perseverancia
7. De gracia
8. Practique a diario la atención plena y la gratitud.
9. Únase a un grupo de apoyo para padres
10. Enseñe o ayude a su hijo a aprender a ser un amigo.

REALIDAD: El cambio y la incertidumbre pueden ser difíciles para los niños pequeños. Crear rutinas que se mantengan igual ayuda a los niños a sentirse más seguros y en control.

Glossary of Terms

Adversity—a state or instance of serious or continued difficulty or misfortune that you or your family experiences.

Advocate—to speak or write in favor of yourself or family for what is needed.

Bias- is a disproportionate weight in favor of or against an idea or thing, usually in a way that is closed-minded, prejudicial, or unfair. **Biases** can be innate or learned.

Developmental Screening—is the practice of systematically looking for and monitoring signs that a young child may be delayed in one or more areas of development.

Emotional Intelligence—the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically

Empathy—the ability to understand and share the feelings of another

Child Discipline- is the methods used to prevent future behavioral problems in children. The word discipline is defined as imparting knowledge and skill, in other words, to teach.

Modeling Behavior- Children learn by watching everyone around them, especially their parents. When you use manners and good coping strategies, you teach your children to do the same.

Perseverance-persistence in doing something despite difficulty or delay in achieving success.

Social Isolation- is a state of complete or near-complete lack of contact between an individual and society. It differs from loneliness, which reflects temporary and involuntary lack of contact with other humans in the world.

Temperament—a person's or animal's nature, especially as it permanently affects their behavior.

Trauma—a deeply distressing or disturbing experience .

Glosario de términos

Adversidad: un estado o instancia de dificultad o desgracia grave o continua que usted o su familia experimentan.

Abogar: hablar o escribir a favor de usted o de su familia por lo que se necesita.

Sesgo: es un peso desproporcionado a favor o en contra de una idea o cosa, generalmente de una manera cerrada, perjudicial o injusta. Los sesgos pueden ser innatos o aprendidos.

Evaluación del desarrollo: es la práctica de buscar y monitorear sistemáticamente las señales de que un niño pequeño puede estar retrasado en una o más áreas del desarrollo.

Inteligencia emocional: la capacidad de ser consciente, controlar y expresar las propias emociones, y de manejar las relaciones interpersonales con sensatez y empatía.

Empatía: la capacidad de comprender y compartir los sentimientos de otra persona.

Disciplina infantil: son los métodos utilizados para prevenir futuros problemas de conducta en los niños. La palabra disciplina se define como impartir conocimientos y habilidades, en otras palabras, enseñar.

Modelar el comportamiento: los niños aprenden observando a todos los que los rodean, especialmente a sus padres. Cuando usa modelos y buenas estrategias de afrontamiento, les enseña a sus hijos a hacer lo mismo.

Perseverancia-persistencia en hacer algo a pesar de la dificultad o demora en lograr el éxito.

Aislamiento social: es un estado de falta total o casi completa de contacto entre un individuo y la sociedad. Se diferencia de la soledad, que refleja la falta de contacto temporal e involuntaria con otros seres humanos del mundo.

Temperamento: la naturaleza de una persona o un animal, especialmente porque afecta permanentemente su comportamiento.

Trauma: una experiencia profundamente angustiada o perturbadora.

Websites for each hyperlink listed on the “Partners Resource Sheet”

Social Connections

- Family Support and Connections- <https://www.soesd.k12.or.us/family-support-connections/>
- Bridging Communities- <http://bcoregon.org/>
- Kaleidoscope Play and Learn Groups- <https://www.soesd.k12.or.us/early-learning-hub/>
- Family Nurturing Center Warmline and Circle of Security- <https://familynurturingcenter.org/parenting-events/>

Concrete Support

- Family Nurturing Center Resource Screener- <https://familynurturingcenter.org/covid-19-response-relief-support/>
- 211info- www.211info.org
- Oregon Department of Human Services Food, Cash and Child Care- <https://govstatus.egov.com/or-dhs-benefits>
- ACCESS (Jackson County)- <https://www.accesshelps.org/>
- United Community Action Network- UCAN (Josephine County)- <http://www.ucancap.org/>

Parental Resilience

- Conscious Discipline Resilience Webinar- <https://consciousdiscipline.com/e-learning/webinars/resilience-in-uncertain-times/>
- Practice Mindfulness- <https://evolutionaryconsulting.com/copingresources/>
- Healthy Coping Skills for Uncomfortable Emotions- <https://www.verywellmind.com/forty-healthy-coping-skills-4586742>

Knowledge of Parenting and Child Development

- VROOM educational app- <https://www.vroom.org/>
- The Family Connection Parenting Classes- www.thefamilyconnect.org
- Complete a Developmental Screening- <https://osp.uoregon.edu/>

Supporting Social-Emotional Competence in Children

- Learn about Temperaments- <https://www.zerotothree.org/espanol/temperament>
- 4 Ways to Support Social-Emotional Development - <https://blog.brookespublishing.com/4-ways-to-support-social-emotional-growth-in-young-children/>
- Learning about Emotional Intelligence- <https://evolutionaryconsulting.com/strengthening-emotional-intelligence-as-a-family/>

