



Bringing Protective Factors to Life

Social & Emotional Competence of Children

Statewide Webinar
Thursday | May 7, 2020 | 3:30pm – 5:00pm EST

Welcome

Mr. Chris Lolley
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*A recording of this webinar and associated materials
will be available at*
www.PreventChildAbuseFL.org

For additional questions or comments, please email:
Chris Lolley at clolley@ounce.org or
Nydia Ntouda at nntouda@ounce.org



EVERYONE CAN MAKE #GREATCHILDHOODS
HAPPEN. ESPECIALLY YOU.



Pinwheels for
PREVENTION

Prevent Child Abuse
Florida

Special Guest

Mr. Dillon Welliver

LMHC, MCAP, ACS, BC-TMH
Blue Sky Therapeutic Services



Presenter

Ms. Sarah C. Sheppard, B.S.
Certified Recovery Peer Specialist (CRPS)
Statewide Recovery Integration Specialist
Substance Abuse Mental Health Program Office
Florida Department of Children and Families



Presenter

Ms. Maria A. Long, B.A., M.Ed.
Certified Community Health Worker (CCHW)
Community Outreach Perinatal Educator (COPE)
CityMatCH Leader & Consultant
Advisory Board Member to Be Strong Families



Moderator

Ms. Janelle King

Interagency Youth Engagement and
Restorative Practices Specialist
Office of Child Welfare
Florida Department of Children and Families



Getting to Know You

Using the “Question Box”, please share:

- Where you're from:
 - ✓ *County*
 - If you're representing as a: *(share all that may apply)*
 - ✓ *“Name of Agency” Member*
 - ✓ *Community Member*
 - ✓ *Parent*
-

Conversation Norms

- **Speak from your own experience/Speak your truth**- *Use “I” statements. Speak and own your truth, trusting that your voice will be heard and your contribution respected.*
 - **Listen attentively & deeply**- *Allow others to speak. Listen to what is said; listen to the feeling beneath the word. Strive to achieve a balance between listening and reflecting, speaking and acting.*
 - **Suspend judgement**- *Set aside your judgements. By creating a space between judgements and reactions, we can listen to each other, and to ourselves, more fully.*
 - **Maintain confidentiality/Create a safe place**- *The stories stay, the lessons may leave.*
-

The Change is Now!

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

– M. Scott Peck

Remember...

To the world, you may be one person, but to one person, you may be the world.

– Unknown

Tools to Navigate the Journey

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OF SOCIAL POLICY'S

strengthening families™
A PROTECTIVE FACTORS FRAMEWORK

Protective Factors Framework



www.cssp.org

Protective Factors Framework

Parental Resilience



Being strong and flexible.

Social Connections



Parents need friends.

Concrete Support in Times of Need



Everybody needs help sometimes.

Knowledge of Parenting & Child Development



Being a great parent is part natural and part learned.

Social & Emotional Competence of Children



Parents need to help their children communicate.

Note- Nurturing & Attachment are included within each factor.

What are Protective Factors?

Attributes or conditions of individuals, families, communities, or the larger society that reduce or eliminate risk and promote healthy development and well-being of children and families.

Protective factors can:

- *Help ensure children and youth function well at home, in school, at work, and in the community – today and into adulthood.*
 - *Serve as a buffer – helping parents, who might otherwise be at-risk of abusing/neglecting their children, find inner strength, resources, supports, and/or healthy coping strategies that allow them to parent effectively, even under stress.*
-

What We Know:

*Families thrive when
protective factors
are robust in their lives and
communities.*

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A PROTECTIVE FACTORS FRAMEWORK

Building Protective Factors

✓ Take Care of Yourself.



✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.



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A PROTECTIVE FACTORS FRAMEWORK

Social & Emotional Competence of Children

(Parents Need to Help Their Children Communicate)



Social & Emotional Competence of Children

What is it?



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

Social & Emotional Competence of Children

Competencies

Self-esteem	Persistence
Self-confidence	Conflict resolution
Self-efficacy	Communication skills
Self-regulation/control	Empathy
Personal agency (choices)	Social skills
Executive functioning	Morality
Patience	

Social & Emotional Competence of Children



Participant Perspectives

Using the “Question Box”, please share:

How do you manage/regulate when your child's feelings stir up negative feelings in you?

Social & Emotional Competence of Children

What does it look like for the Child?



- *Quality primary relationships*
 - *Communication skills*
 - *Friendship skills, peer relationships*
 - *Understand emotion, recognize and express feeling*
 - *Problem-solving skills*
-

Social & Emotional Competence of Children

What does it look like for the Child?



- *Dealing positively with anger*
 - *Ability to play*
 - *Ability to exercise self-control and negotiate conflict*
 - *Sharing, cooperation, and taking turns*
-

Social & Emotional Competence of Children

What does it look 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*
-

Participant Perspectives

Using the “Question Box”, please share:

How are your children similar to and different from you, and how does that affect your communication?

Social & Emotional Competence of Children

Why is it important?

- Evidence shows that early and appropriate interventions focusing on social and emotional development can:
 - *Enhance children's cognitive development, language skills, mental health, and school success.*
 - *Help children recognize their own emotions and emotions of others.*
 - *Assist children with taking on the perspective of others.*
 - *Mitigate effects of negative experiences, life events, or chronic stressors.*
 - *Support general well-being and physical and mental health through adulthood.*

Social & Emotional Competence of Children

Examples

- *Take care of your own needs.*
 - *Providing a safe, loving environment for your child to feel comfortable communicating with you and expressing their emotions.*
 - *When your child expresses their feelings and needs, be responsive and supportive.*
 - *Set clear, reasonable expectations and limits*
 - *Be a good role model – show how to be emotionally responsive and model empathy.*
-

Social & Emotional Competence of Children

Examples

- *Plan for situations that may arise.*
 - *When negative behaviors arise, stay calm and try to give limited attention to the negative behavior – Separate emotion from actions.*
 - *Create opportunities for children to solve problems.*
 - *Celebrate the positives.*
 - *Remember that children’s communication and coping skills are still developing.*
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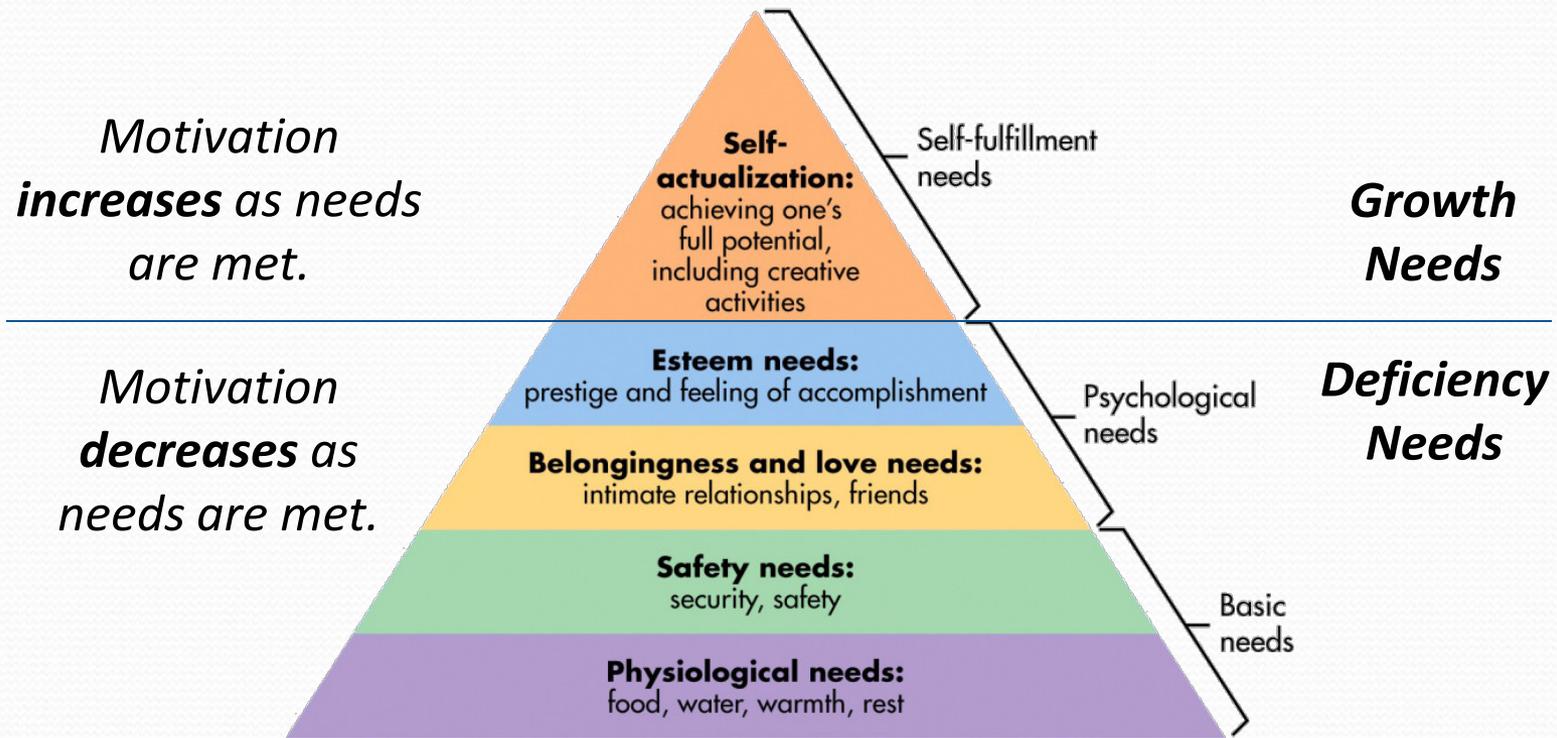
Participant Perspectives

Using the “Question Box”, please share:

How do you talk so your children will listen and how do you listen so your children will talk?

Social & Emotional Competence of Children

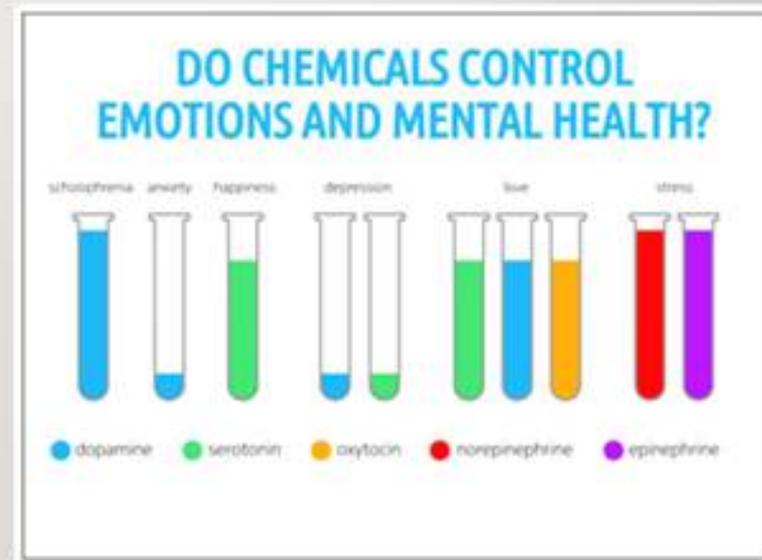
Maslow's Hierarchy of Needs



Social & Emotional Competence of Children

TRAUMA INFLUENCES OUR BRAIN CHEMICALS AND STRUCTURE, TRAUMA INFLUENCES OUR PERSPECTIVES AND OUR VIEWS, TRAUMA INFLUENCES OUR BEHAVIORS.

- Our bodies are machines
- Homeostasis, any self-regulating process by which biological systems tend to maintain stability while adjusting to conditions that are optimal for survival. (Britanica)
- Fight, Flight, or Freeze reactions
- The inability to control cortisol release (the elephant in the room)
- Those who hold stress inside (worry, fret, shame, guilt, regret) have a higher risk of cancer; autoimmune
- Those who let stress out (anger, violence, screaming) have an increased risk of stroke and heart attack



Social & Emotional Competence of Children

Transformation



Social & Emotional Competence of Children

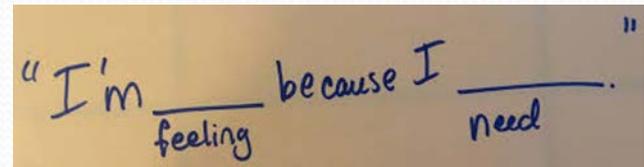
Key Principles of Nonviolent Communication (NVC)

- **NVC = a needs consciousness language**
 - *All people share the same desires/needs*
 - *We differentiate between strategies and needs*
 - There are many ways to get a need met, strategy is being stuck in one way
 - *A method for transforming conflicts while speaking with choice and honesty*
-

Social & Emotional Competence of Children

Universal Human Needs and Feelings

- **Needs** versus strategies
- **Feelings** give information about needs being met or not being met
 - *Feelings versus thought-feelings*
- **Empathy = Feelings and Needs**
- **Empathy** is built on presence, understanding, and feelings and needs guesses



"I'm _____ because I _____."
feeling need

Social & Emotional Competence of Children

What Empathy is NOT

Giving advice	Analyzing	Educating	Correcting
Ordering	Judging / Criticizing	Distracting / Avoiding	Explaining / Justifying
Sympathizing	Asking Questions	Feeding the Fire	Blaming
One-Upping		Shaming	

Social & Emotional Competence of Children

Bringing it all Together Parent – Child Relationship



Participant Questions

Using the “Question Box”, please share:

What questions do you have about
Social & Emotional Competence of
Children or about previous Protective
Factors discussed?



When Spiders Unite, They Can Tie Up A Lion!

----African Proverb

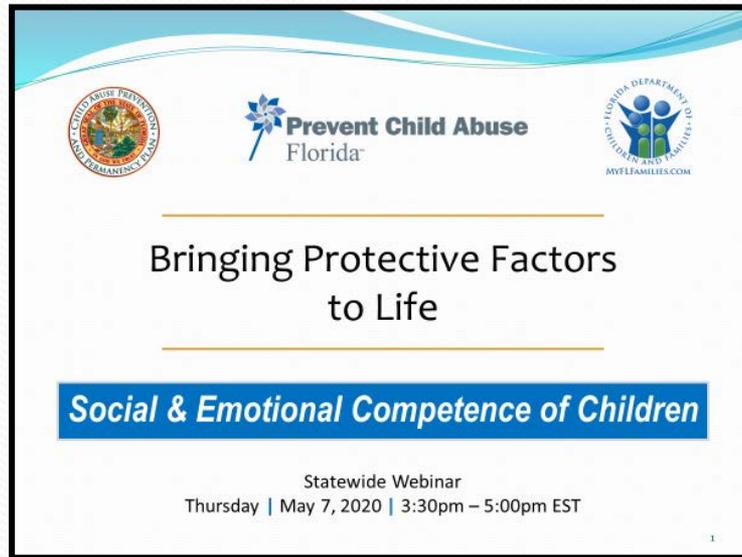
Bringing Protective Factors to Life in your Community

- Community Cafés create safe spaces and time for meaningful conversation and learning.
- All parents are encouraged to participate and bring their experience, strengthen, and hope.
- We are working with partners to bring Cafés virtually.
- To bring protective factors to life in your community, please contact Chris Lolley at Prevent Child Abuse Florida.

Moving Forward

How has today's experience impacted you?





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**Thank
You**

Mahalo

Kiitos

Tack

Toda

Grazie

Obrigado

Thanks

Takk

Gracias

Merci

For Bringing Protective Factors to Life!