



Webcast Viewer's Guide

CLOSING PARENT PLENARY

Something Better for My Children: Families Chart Their Course from Difficult Childhoods to Devoted Parenting

Summary

The families in this session share their childhood challenges and their drive to offer something different to their children. Families speak to the support that Early Head Start and Migrant and Seasonal Head Start programs offer as a way of helping families chart a new course for themselves.

Key Messages

- Adverse Childhood Experiences (ACEs) can alter the course of a lifetime.
- A difficult or traumatic childhood can impact the way a person parents and the way he or she experiences relationships and services.
- Early Head Start and Migrant and Seasonal Head Start can help parents who had difficult childhoods build resilience.

Learning Objectives

At the end of the session, participants will be able to:

- Develop understanding of the ways in which difficult childhoods can impact subsequent parenting for the families they serve.
- Learn strategies to engage and support families who have experienced difficult childhoods in parenting their own very young children.
- Articulate the value of their work with families.

Presenters

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Senior Writer/Training Specialist

Tina Salinas, Tri-County Child and Family Development Council, Inc., Waterloo, IA
Parent

John Cornelius, South Central Missouri Community Action Agency, Poplar Bluff, MO
Parent

Sandra Serrano, Hope Street Family Center, Los Angeles, CA
Parent

Relevant Head Start Program Performance Standards

1304.40 Family Partnerships

1304.20(a)(1) Grantee and delegate agencies must engage in a process of collaborative partnership-building with parents to establish mutual trust and to identify family goals, strengths, and necessary services and other supports. This process must be initiated as early after enrollment as possible and it must take into consideration each family's readiness and willingness to participate in the process.

1304.20(a)(5) Meetings and interactions with families must be respectful of each family's diversity and cultural and ethnic background.

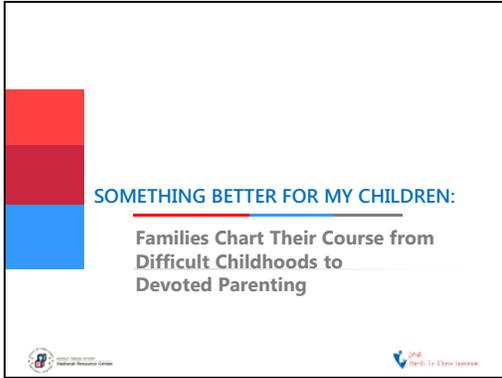
Key Definitions

Adverse Childhood Experiences - Adverse childhood experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. Retrieved from <http://captus.samhsa.gov/prevention-practice/targeted-prevention/adverse-childhood-experiences/1>

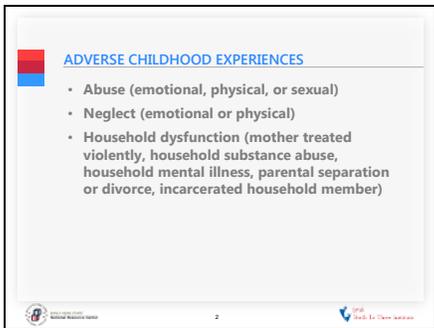
Resilience - Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences. Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>

Presentation Notes and Slides

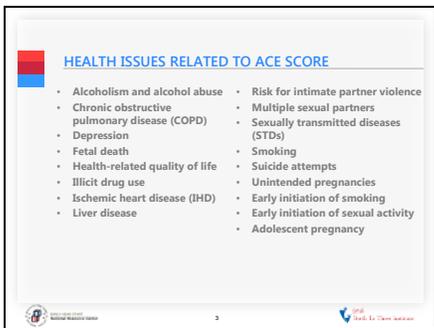
Slide 1



Slide 2



Slide 3



Slide 4

 **RESILIENCE**

“The process of adapting well
in the face of adversity”

- The American Psychological Association

Slide 5

 **FACTORS IN RESILIENCE**

1. Capacity to make realistic plans
and take steps to carry them out

- The American Psychological Association

Slide 6

 **FACTORS IN RESILIENCE**

2. Skills in communication and
problem solving

- The American Psychological Association

Slide 7

 **FACTORS IN RESILIENCE**

3. The capacity to manage strong feelings and impulses

- The American Psychological Association

Slide 8

 **FACTORS IN RESILIENCE**

4. A positive view of yourself and confidence in your strengths and abilities

- The American Psychological Association

Slide 9

 **FACTORS IN RESILIENCE**

5. Caring and supportive relationships

- The American Psychological Association

Additional Resources

Beardslee, William R., Watson Avery, Mary, Ayoub, Catherine C., and Watts, Caroline L. 2008. "Fostering Resilience in Families Coping with Depression: Practical Ways Head Start Staff Can Help Families Build Their Power to Cope." DHHS/ACF/OHS. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Mental%20Health/Resources%20%26%20Support%20for%20Families/Parental%20Depression/fostingresilience.pdf>

Counseling Center at the University of Illinois Urbana-Champaign. (2007). "Growing Up With Drinking or Other Substance Use." http://www.counselingcenter.illinois.edu/?page_id=144

Pizzolongo, Peter J. and Hunter, Amy. 2011. "I Am Safe and Secure: Promoting Resilience in Young Children." *Young Children* (March 2011): 67-69.
http://www.naeyc.org/files/yc/file/201103/PromotingResilience_Pizzolongo0311.pdf

The National Center on Parent, Family and Community Engagement. 2013. "Head Start Father Engagement Birth To Five Programming Guide." DHHS/ACF/OHS.
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/docs/father-engage-programming.pdf>

The National Center on Parent, Family and Community Engagement. 2013. "Positive Parent-Child Relationships." *Understanding Family Engagement Outcomes: Research to Practice Series*. DHHS/ACF/OHS. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/docs/parent-child-relationships.pdf>

References

The American Psychological Association. "The Road to Resilience." 2013. Washington, DC: Author.
<http://www.apa.org/helpcenter/road-resilience.aspx>

Felitti, Vincent J., Anda, Robert F., Nordenberg, Dale, Williamson, David F., Spitz, Alison M., Edwards, Valerie, Koss, Mary P., and Marks, James S. "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences Study." *American Journal of Preventive Medicine* (May 1998): 245-258.