



# Welcome

To the IdahoSTARS Powerpoint about

*Strengthening Families*

**Parent Work Groups**

To view the notes for each slide, click on the little “dialog box” in the upper left hand corner of each page.





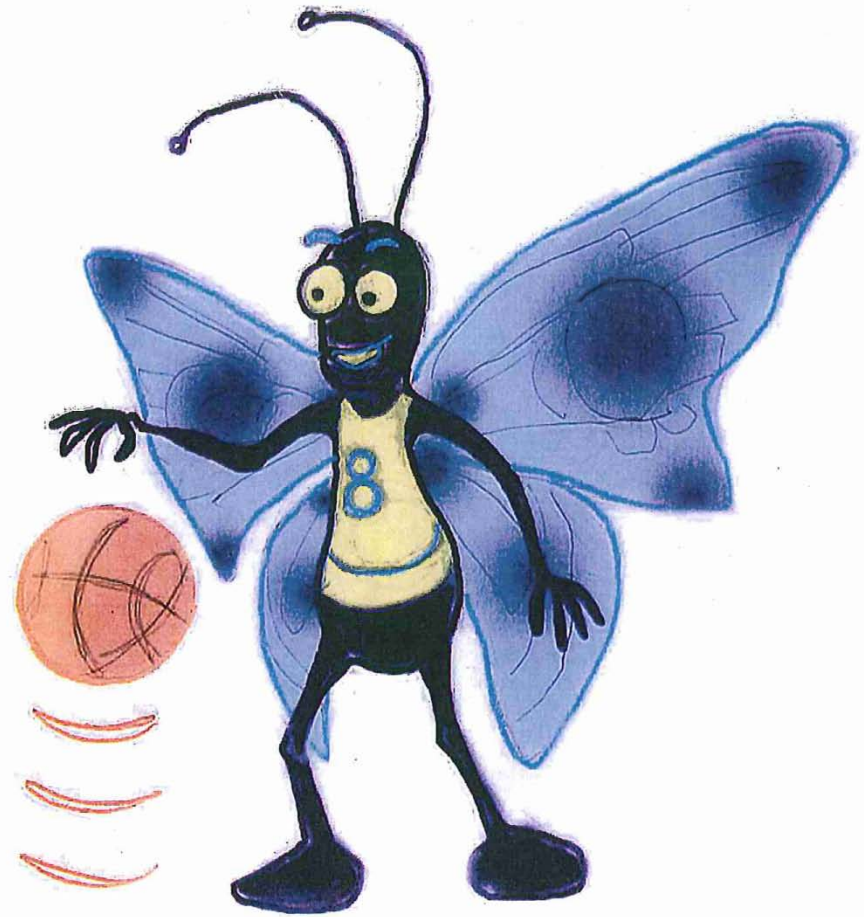
*Strengthening Families*

# Parent Work Groups

**Maureen Durning**

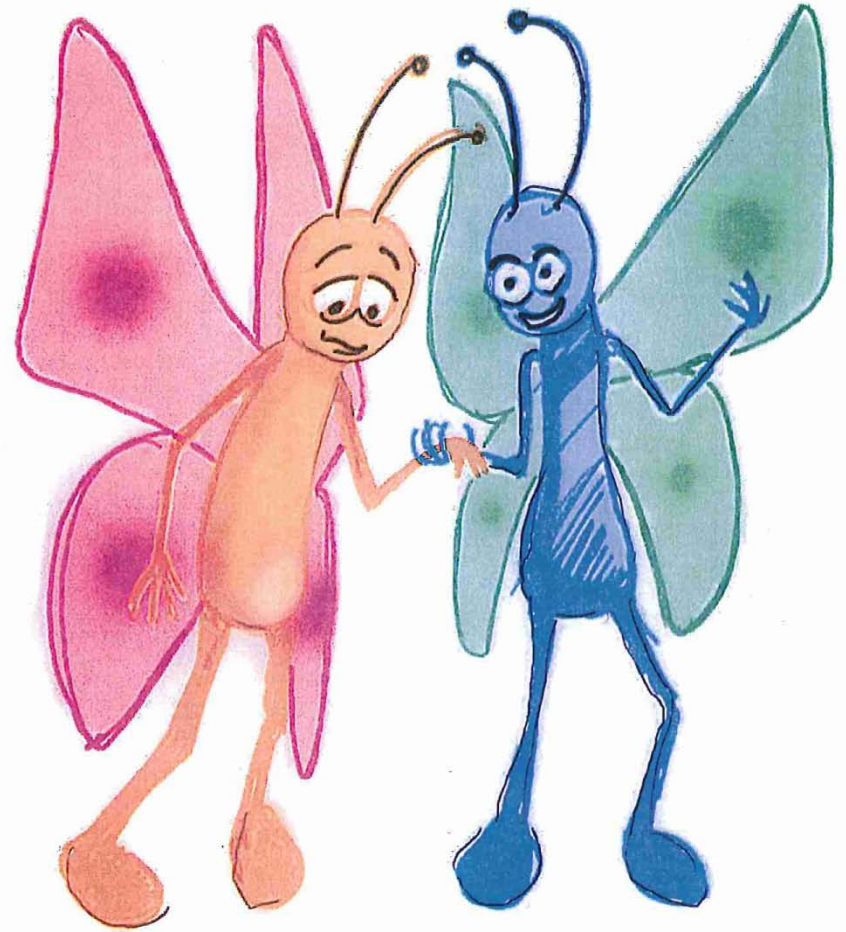
**IdahoSTARS Project Specialist**

# Parental Resilience



Parents can "bounce back"  
Parental Resilience

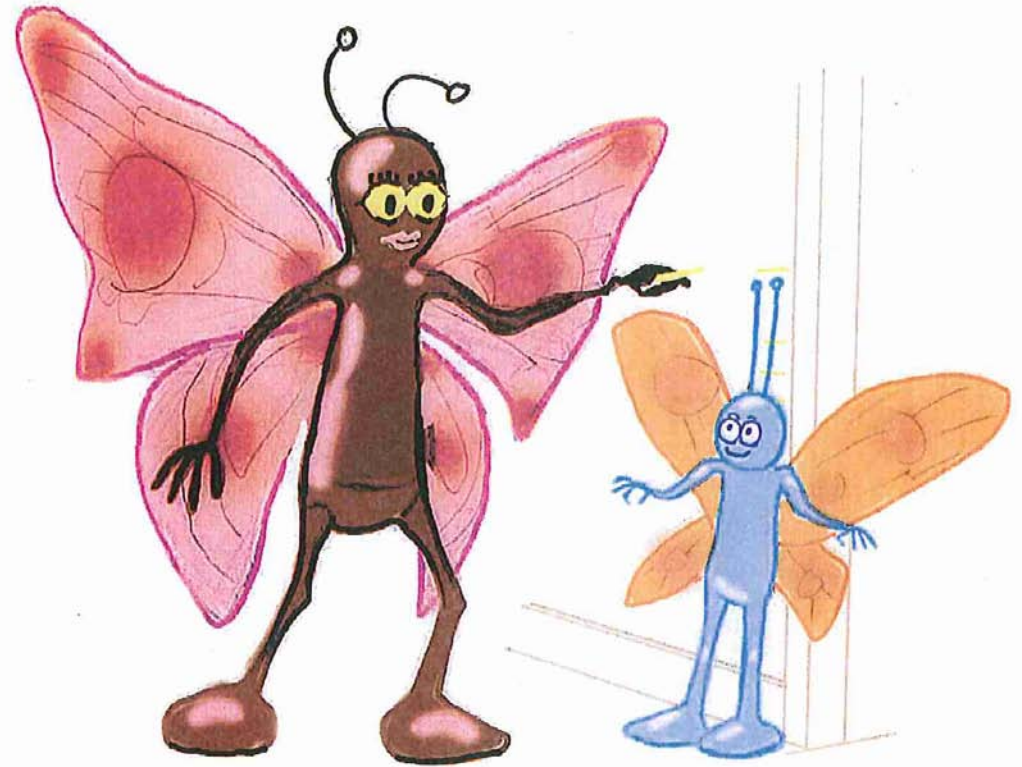
# Social Connections



Parents need friends  
Social Connection



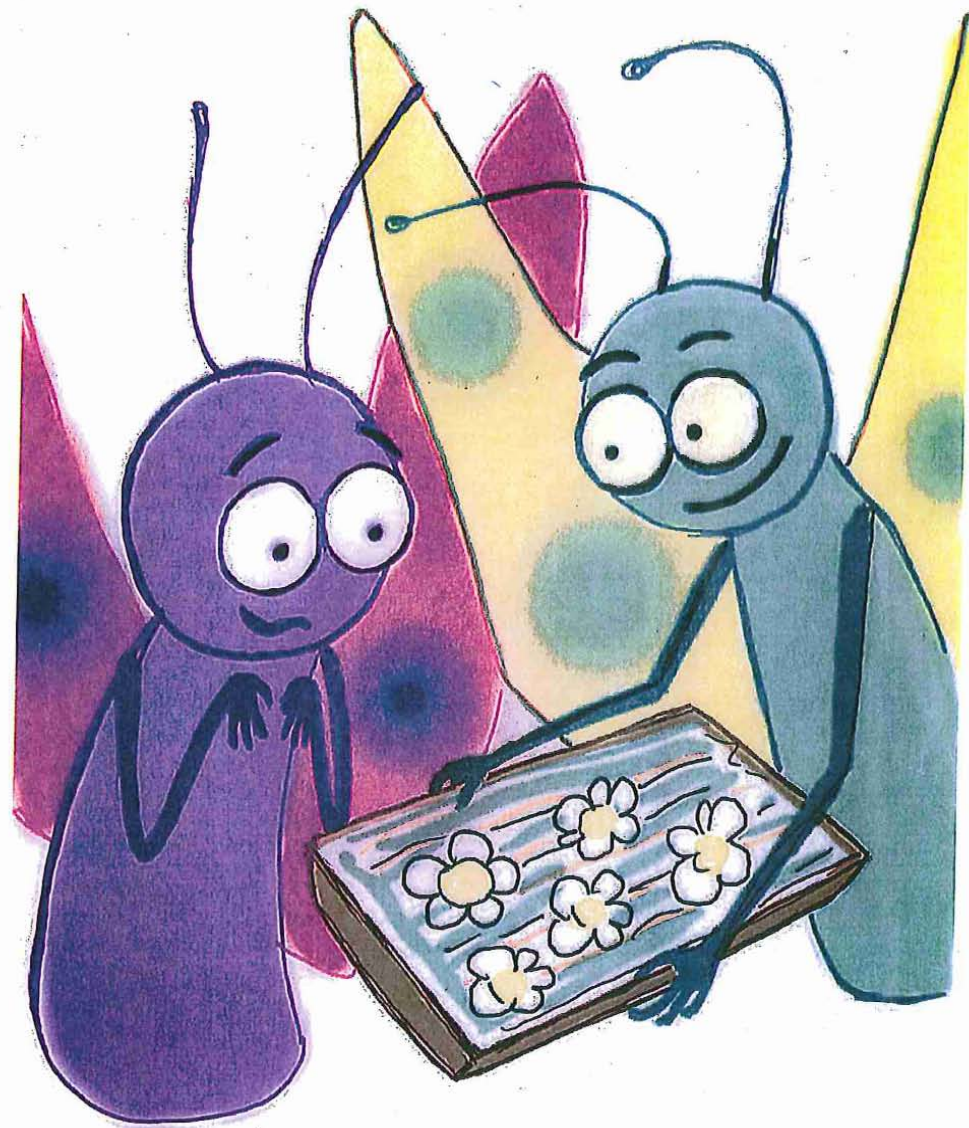
# Knowledge of Parenting and Child Development



grow  
development

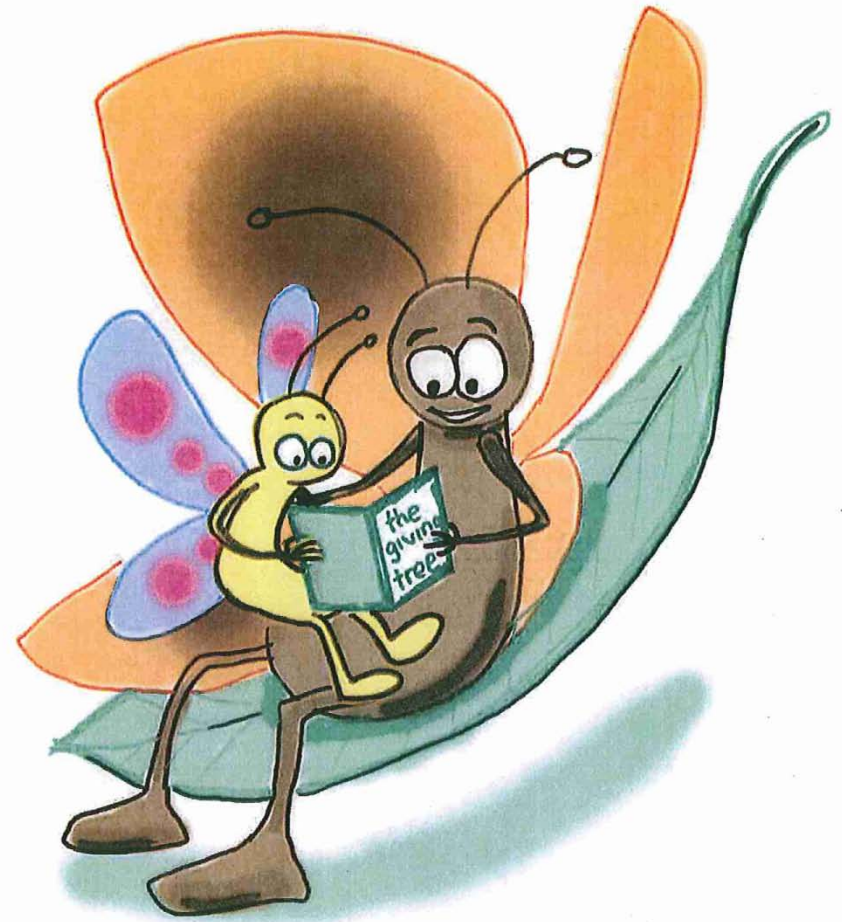
Parents know how children  
Knowledge of parenting and child development

# Concrete Support in Times of Need



Parents know where to turn for help  
Concrete support in times of need

# Social/ Emotional Competence of Children



Children learn to talk about  
and handle feelings

Social and emotional competence of children

# 7 Strategies to Build Protective Factors

- ✓ Facilitate friendships & mutual support
- ✓ Strengthen parenting
- ✓ Respond to family crises
- ✓ Link families to services & opportunities
- ✓ Facilitate children's social & emotional development
- ✓ Observe and respond to early warning signs of child abuse and neglect
- ✓ Value and support parents





# Parent Work Groups:

- What?

- Why?

- How?



# Why?:

1. To *intentionally* implement the SF strategies
2. To increase Parent Involvement



# Why?:

3. To build the Protective Factors

4. To create an Improvement Plan as part of the IdahoSTARS QRIS





# How?

*It doesn't happen overnight!*



# Setting the stage...



## For you and the staff:

- Read the *Strengthening Families through Early Care and Education Guidebook: Section 2—Getting Started*
- Download it for free from the *Center for the Study of Social Policy* website:  
[www.cssp.org](http://www.cssp.org)
- Apply for a Mentor/Coach





# Many steps...

Owner/Director: *Commitment!*

- To *Strengthening Families*
- To the QRIS
- To preventing child abuse and neglect



# More steps...

Staff: *Buy-in!*

- Staff meetings
- Job descriptions
- *Strengthening Families* trainings



# Setting the stage...



## For the Parents:

- Create a welcoming atmosphere
- *Conversations!*
- Personal connections
- *Communication*—bulletin boards, newsletters, emails, Facebook pages etc.
- Social events, volunteer opportunities
- ***An open door!***

Next steps:



## Inform:

posters, email, letters,  
the *SF Guidebook*, and  
*especially* conversations





Next steps:



*Invite!*

personal is best!



# The format of the Parent Work Group

**No two groups will look alike!**






# Considerations:



- **Day/Time**
- **Length of meetings**
- **Frequency of meetings**
- **Number of participants**
  - **Location**
- **Food/refreshments**
  - **Child care**
    - **Cost**



# The tasks of the Parent Work Group

## **Task 1: Complete the SF self-assessment forms**

- One form for each of the 7 strategies
- Separate forms for Centers and Family- Home/Groups
- Self-assessment is a *starting* point for conversation and planning improvements



# Ground rules

**Create a safe atmosphere of open, honest sharing:**

- **All** ideas are welcome and accepted
- **Confidentiality**—what we say here, stays here





# Facilitate friendships and mutual support

| Indicator   | Rated :             |      |      |           |
|---|---------------------|------|------|-----------|
|   | Not currently doing | Fair | Good | Excellent |
| 1. A comfortable space is available for families to meet informally   |                     |      |      |           |
| 2. The program helps parents set up formal and informal communication and support mechanisms (car pools, etc) |                     |      |      |           |
| 3. The program connects families with similar interests, children's ages, and circumstances                   |                     |      |      |           |
| 4. The program provides opportunities for families to socialize and foster a sense of community               |                     |      |      |           |

## Task 2: Summarize/enter data

Collect the input from the Parent Work Group discussion

1. Enter items rated “not yet doing” on ***QRIS SF Self-Assessment Summary***
2. Enter input online at [www.cssp.org](http://www.cssp.org)
  - Click on Strengthening Families/  
– online resources/  
– self assessment/  
– Create user name and password



# Task 3: Complete the Self-assessment summary worksheet

- Highlight the areas that the teams rated as “not yet doing”
- Evaluate: which items should be worked on—

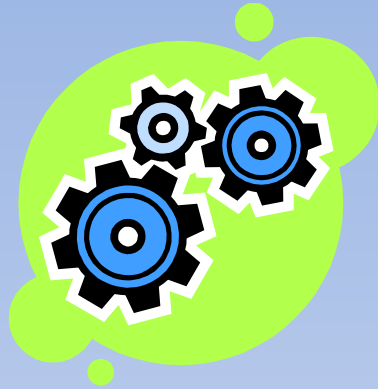


- Immediately
- Mid-range
- Long-range
- Not at all (and why)



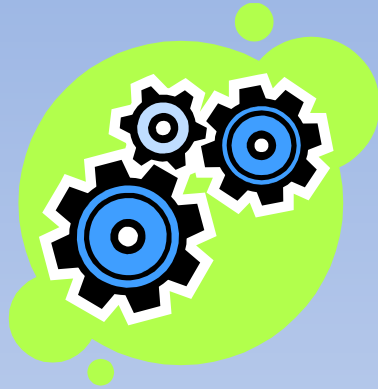
# Task 4—Complete the Action Plan

| Program strategy number | Item number and brief description | Action to be taken | Who will do it? | By when? (deadline) | Documentation (how will we know it has been done?) |
|-------------------------|-----------------------------------|--------------------|-----------------|---------------------|--|
|                         |                                   |                    |                 |                     |  |
|                         |                                   |                    |                 |                     |  |



## *Keeping it going....*

- Complete the self-assessments /action plans for all 7 strategies
- Revisit the Action Plans on a regular basis
- Turn the “ownership” of the group over to the parents
- Continue the Parent Work Group *beyond* the self assessments...



*Keeping it going....*

- *And begin again....*



## ***For more information:***

SF Self-assessment forms: [www.cssp.org](http://www.cssp.org)

- Click on Strengthening Families/  
– online resources/  
– self assessment/  
– Create user name and password/complete forms online  
AND/OR print them out

*OR get forms at Strengthening Families trainings*





# *Need help?*

- Dial 2-1-1 and ask for your Regional Consultant
- Dial 2-1-1 to apply for a scholarship for a Mentor/Coach
- QRIS Workbook @ [www.idahostars.org](http://www.idahostars.org)

Maureen Durning *IdahoSTARS Project Specialist*

[mdurning@idahoaeyc.org](mailto:mdurning@idahoaeyc.org)





*Strengthening Families*

**Parent Work Groups**