

Motivation Monday, May 25, 2020

Supporting Families and Children with HOPE: Spotlight on Environment

***“A house is made with walls and beams.
A home is made with love and dreams.” -Anonymous***

A Parent's Definition of Concrete Supports, Adapted from the [PA Strengthening Families Website](#)

The Family Support Team recognizes that during these trying times, it is important to assist families with HOPE.

Positive Experience states that Healthy Outcomes from Positive Experiences (HOPE) is a new way of seeing and talking about experiences that support children's growth and development into healthy, resilient adults. **We now know even in the face of adversity, key positive experiences help us heal.** Although the effects of trauma can be serious, many adults have overcome their own trauma and now lead healthy, productive lives as a result of those positive experiences.

The Family Support Team is continuing to share resources for HOPE and the Strengthening Families™ Protective Factors through the continuation of *Motivation Mondays!*

This week, the Family Support Team is focusing on Environment.

Why This Building Block Matters

Per *Positive Experiences*, children who live, learn and play in safe, stable and equitable environments are less likely to experience poor mental and physical health as adults. What is meant by safe, stable and equitable environments?

- A [safe, stable home](#) is where a child is secure and able to get proper nutrition and enough sleep
- An environment with opportunities for high-quality learning
- An environment to play and interact with other children safely and [equitably](#)
- An environment with access to high-quality medical and dental care

Celebrate the positive moments and work with families to help ensure their child can live, learn and play in safe and nurturing environments.

The Family Support Team wants to wish everyone a safe Memorial Day! The team acknowledges with this holiday comes warmer weather and the opening of public or personal pools. Because [drowning is the leading cause of unintentional death in children ages 1-4](#), it's important to talk with caregivers and families about environmental [safety tips](#) and how to take action when needed.

Interested in Learning More? Related Resources

- The Center for Injury Prevention & Control from The George Washington University is offering a *free* webinar, [Child Home Safety in the Time of COVID: A Neglected Priority](#), on May 27th. Find more information and register [here](#).
- The Highmark Caring Place is offering a *free* webinar, [Place Grief Talk Series: Importance of Routines and Rituals While Grieving](#), on June 3. Please refer to the attached PDF for more details.
- The Center for Schools and Communities, [Safe Kids Pennsylvania](#), offers a vast amount of resources for injury risk areas: car & road safety, home safety, sports play safety and seasonal safety.

- The National Institute for Children’s Health Quality has [Safe Sleep Resources for Child-Care Providers](#), and a [Lead Exposure and Children’s Health Social Media Toolkit](#).
- The Institute for the Advancement of Family Support Professionals offers a free learning module, [Promoting Safe and Healthy Homes](#), for professionals to learn more about potential health concerns in the home and how to assist families in identifying a safety plan. Another helpful module, [Infant Care: The ABCs of Safe Sleep for Infants](#), helps staff prepares families about safe sleep for infants and how to address sleep-related deaths.
- The [National Institute of Environmental Health Sciences, Kids Environment and Kids Health](#) offers resources for children, families and professionals related to health, science and environments. Check out their list of [resources to teach families about environmental health and safety!](#)
- The [Pennsylvania Bullying Prevention Toolkit](#) from the Center for Safe Schools offers resources for families, educators and professionals serving children, youth and families.

Our Communities’ Response

Calling all Flyers fans! Donning a new mask, with the same smooth moves, the Philadelphia Flyers sent their mascot to Delaware County to bring some much-needed cheer to residents! [Gritty visited the residents for a safe quarantine firetruck parade.](#)

Interested in sharing something positive from your community? Please send a message to your designated Family Support Consultant or Technical Assistance Specialist!

Social Media

The [Drowning Prevention Campaign and Toolkit](#) from the [American Academy of Pediatrics](#) offers drowning prevention PSAs, infographics, information for families, social media graphics and advocacy resources. Explore their page to share valuable water safety information with caregivers as we start the summer season!

Looking for more to tweet and share? Visit the [Connecticut Recreation & Parks Association Water Safety: Social Media Toolkit](#).

May is Mental Health Awareness month and due to the ongoing COVID-19 pandemic, talking about mental health, substance use disorders and wellness is more important than ever. The Office of Mental Health and Substance Abuse Services (OMHSAS) Deputy Secretary Kristen Houser has recorded a short video to help promote [Mental Health Awareness in Pennsylvania](#).