

Motivation Monday, June 2, 2020

Supporting Families and Children with HOPE: Spotlight on Relationships

“The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.” – Dr. Bruce Perry

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

The Family Support Program Team and Early Intervention Team would like to thank everyone for their time in supporting May’s Pillars of HOPE! The Family Support Team recognizes that during these trying times, it is important to continue 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 that 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.

To conclude the Pillars of HOPE, the Family Support Team is sharing resources for HOPE and the Strengthening Families™ Protective Factors Framework through the continuation of *Motivation Mondays!*

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



Why This Building Block Matters

Nurturing, supportive relationships are critical for children to develop into healthy, resilient adults. Individuals that recall having these types of relationships during childhood experience significantly lower rates of depression and poor mental and physical health during adulthood. When working with families, especially vulnerable families affected by trauma, it is important to ask about the types of positive relationships a parent may recall from their childhood. This information can then be celebrated and used to help create opportunities for their children to experience the types of relationships encompassed by this HOPE Building Block.

Interested in Learning More? Related Resources

- Exchange Express, in collaboration with Hinge Early Education Brokers and Video Active Productions, has created a free video series "[From Surviving to Thriving: Creating A Way Forward in Challenging Times](#)". Each video has inspiration, support, and practical advice from experts to help you navigate the rough waters of the COVID-19 public health emergency.
- Learn how you can help infants and toddlers develop strong [relationships](#) with the people in their lives.
- Check out this [webinar](#) from the Head Start Early Learning and Knowledge Center (ECLKC) on Supporting Positive Parent Child Relationships.
- Corey Best, member of the HOPE national advisory board, shares his experience as a father and offers ways to support child-father relationships by [Engaging Fathers](#) within the HOPE Framework.
- Devereux Center for Resilient Children created the [Choose a Family Member of the Week Activity](#) to promote ongoing relationships with members in a child's family during this time of physical distancing.
- Are families wondering how to [Keep Kids Connected with Their Friends](#) during this time of physical distancing. Check out these ideas from the National PTA.

Our Communities' Response

- The Schuylkill United Way is based on [HOPE \(Helping Other People Everyday\)](#). They recently established the Schuylkill COVID-19 Response Fund to provide resources to partnering agencies, including Nurse-Family Partnership (NFP), to provide essential aid to those most impacted by the pandemic. Through the generosity of many community donors, the Schuylkill United Way provided Schuylkill County NFP clients with Boyer's gift cards, and facemasks, made locally by the Kepner Scott Shoe Co. In addition, NFP was also able to purchase diapers and formula for their clients. Nurse-Family Partnership is very grateful for the financial support they have received in achieving their goals of helping their first-time moms be the best they can be.
- The Lancaster Parents as Teachers program is currently offering a five-part "Be Strong" series of virtual conversations to create a community of support during these uncertain times. Each conversation is based on one of the five protective factors, and families can learn from each other ways they can keep their family strong. The virtual conversation will be held each Thursday from May 21- June 18. The invite for the virtual conversations is attached!

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

Social Media

[#WeCareForSeniors Social Media Campaign](#) was launched by the All Seniors Care Living Centres throughout Canada to offer hope and to support seniors in maintaining relationships with their loved ones by writing messages to their loved ones, which were sent out via Instagram by nursing home staff. If you would like to send a message to a resident in an All Seniors Care facility, use the hashtag **#WeCareForSeniors** in any Instagram post.

Special Thanks

The Office of Child Development and Early Learning would like to thank Early Intervention Technical Assistance and the Center for Schools and Communities for their support in this messaging.