

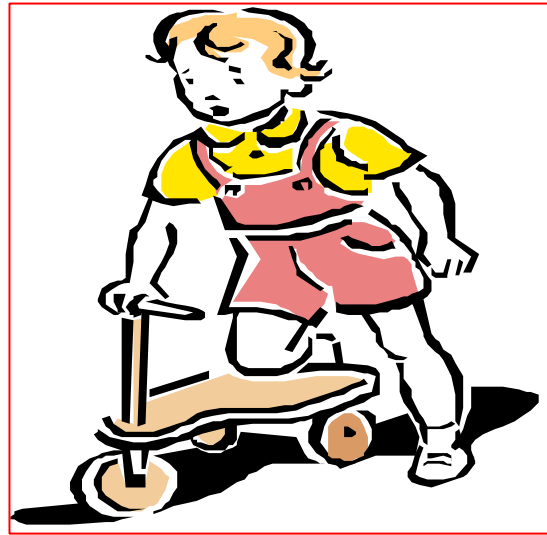


HELPING FAMILIES IN CHALLENGING TIMES

David Love, MFT
Valley Community Counseling Services
Stockton, CA
davidlove@vccsinc.org



THE CHALLENGE OF PARENTING



Poverty and Maltreatment

- The percent of severely poor is at a 32 year high and increasing
- Maltreatment is up 30%
- Children in families with incomes < \$15,000 are 22x more likely than children in families with incomes > \$30,000 to be maltreated
- Poverty is the strongest predictor of maltreatment
- It is a correlation not a cause



*FAMILY RISK FACTORS



- Lack of mutual attachment and nurturing
- Ineffective parenting
- Chaotic home environment
- Lack of significant relationship with caring adult
- Caregiver who abuses substances, suffers from mental illness or engages in criminal behavior

*(NIDA, 2003)



*FAMILY PROTECTIVE FACTORS



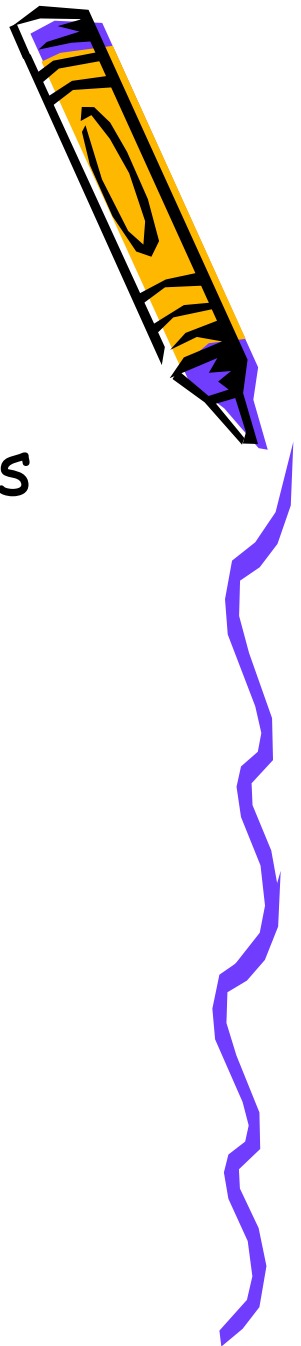
- Strong bond between children and family
- Parental involvement in a child's life
- Supportive parenting that meets financial, emotional, cognitive and social needs
- Clear limits and consistent enforcement of discipline

*(NIDA, 2003)

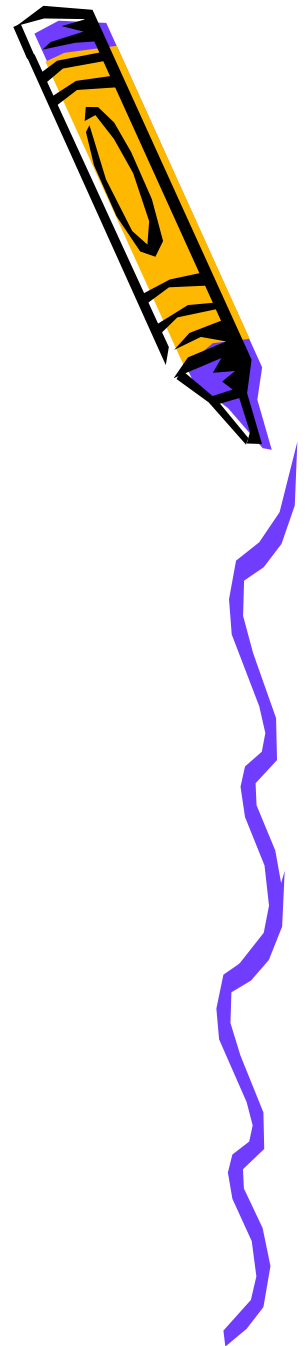


FAMILY RESPONSIBILITY

- Must understand the developmental needs of their children
- Must recognize the damage the environment is doing to their children
- Must learn how to provide a safe environment for their children and make the changes to accomplish the goal



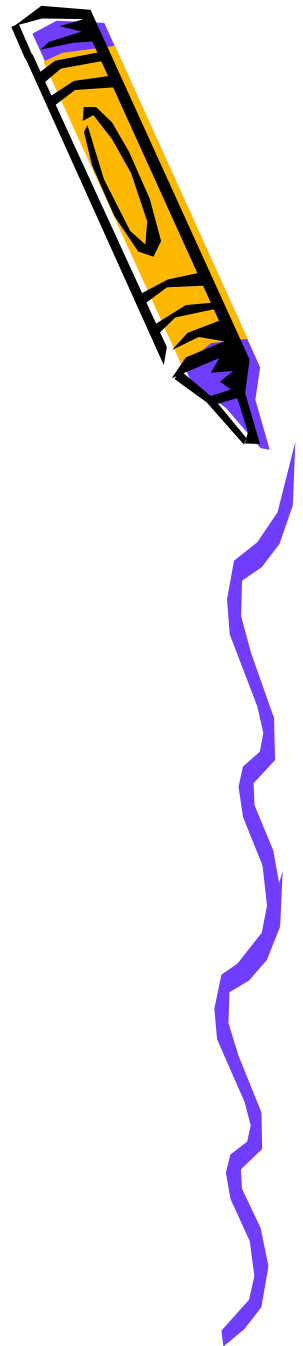
THE FIVE CRITICAL NEEDS OF CHILDREN



- Need to Feel Respected
- Need to Feel Important
- Need to Feel Accepted
- Need to Feel Included
- Need to Feel Secure



POSITIVE PARENTING



- The Positive Parent
- The Positive Relationship
- Positive Strategies



THE POSITIVE PARENT

- Good Energy
- Humor
- Interest in the Journey of Parenting
- Enjoy Children
- Willing to Learn
- Willing to Change



POSITIVE PARENTING RELATIONSHIPS

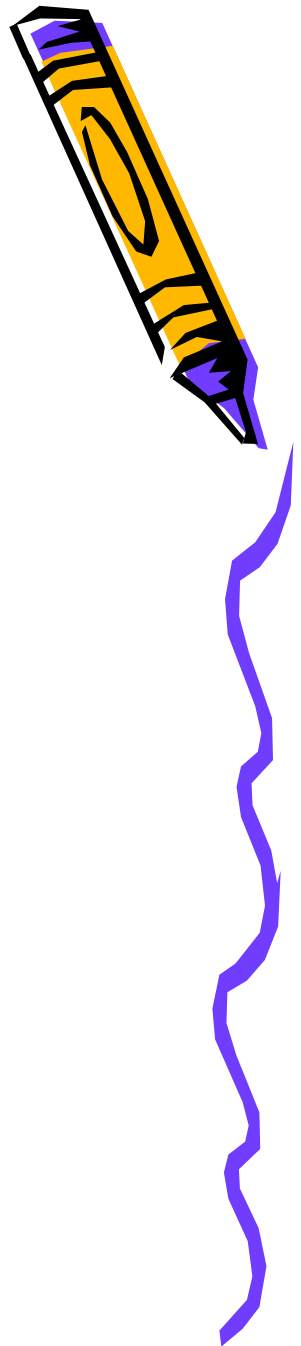


- Firm And Friendly
- Understands Child's Behavior
- Teaches-Does Not Punish
- Uses All Available Resources
- Maintains Parental Role



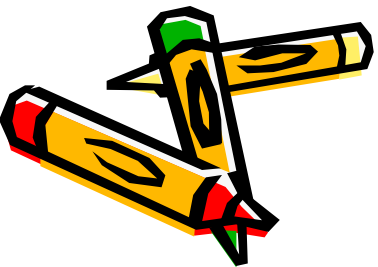
POSITIVE STRATEGIES

- Control Your Feelings
- Control Your Behavior
- Understand Your Child's Behavior
- Develop a Plan



UNDERSTANDING CHILDREN'S BEHAVIOR

- All Behaviors Are Goal-Oriented
- All Behaviors Are Learned
- All Behaviors Will Be Repeated Until A More Successful One Is Learned
- Behavior Is The Result Of Experience, Feelings, Ideas, Beliefs and Attitudes



TEACHING POSITIVE BEHAVIORS



- Start Early In Life
- Always Explain Goal Of the Behavior To The Child
- Help The Child Practice Needed Skills
- There Are No Failures-Only Practice Sessions



KEEPING YOUR CHILD SAFE



- Maintain Continuous Communication
- Always Explain Your Love and Concern
- Set Boundaries
- Teach Problem-Solving Skills



KEEPING YOURSELF SAFE



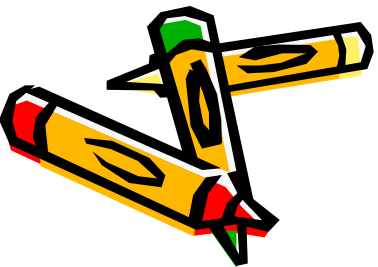
- Have Personal Time
- Have A Personal Support System
- Have Adult Relationships
- Be Willing To Seek Help
- Enjoy Life



WHEN TO USE OUTSIDE RESOURCES



- Your Child Is Not Safe
- You Are Not Safe
- Communication Is Lost
- Your Need To Learn New Strategies
- You Have Lost Hope



WEBSITES

www.zerotothree.com (zero to three)

www.musc.edu/cvc (Child Abuse Tx Manual)

www.childtrauma.org (Child Trauma Academy)

www.apsac.org (American Professional Society on
the Abuse of Children)

<http://tfcbt.musc.edu> (Online CBT Training)

www.casacolumbia.org (Columbia University)

www.johnbriere.com (Complex Trauma)

www.pcit.tv (UC Davis PCIT Training)