

# Focus on Five: Using the Family Strengthening Five Protective Factors in your Program

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May 2024



# Agenda

- The Five Factors that Strengthen Families
- How to Use the Five Protective Factors In Your Program
- Resources that Can Help
- Embedding the Five Protective Factors in Your Program



# Everyone Experiences Stress







What are the Five Protective Factors that Strengthen Families?







Parental Resilience





## Social Connections





Knowledge of Parenting and Child Development





Concrete Support in Times of Need





Social and Emotional Competence of Children



When  
planning,  
focus on  
five!

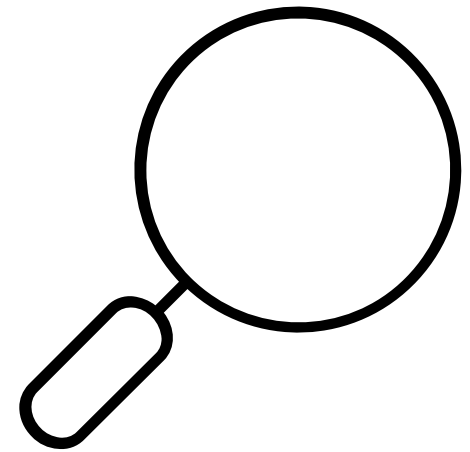
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Why are the five protective  
factors important?

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Benefits ALL Families

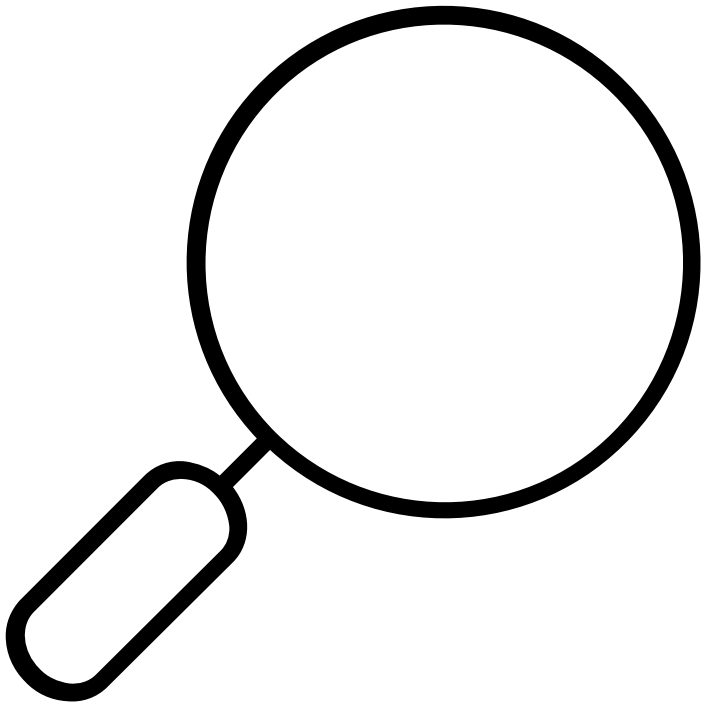


Strong Families=  
*Healthy and Strong  
Children!*

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# How to Use the Five Protective Factors in Your Program

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# Start with a Survey!

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GET TO KNOW US







Ideas for Supporting Parental Resilience:





Create a respectful  
environment





## *Support and involve the family as key decision-makers in your program*

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- Family/Caregiver Planning Committee
- Surveys/Evaluations
- Family Advisory Committees
- Highlight how family feedback is implemented



A wooden sign with a dark frame and a light-colored, horizontally-slatted surface. The sign is tilted diagonally and features the text "SELF CARE ISN'T SELFISH" in dark, bold, sans-serif capital letters. The background consists of soft, draped fabric in shades of pink and white, with gentle shadows and highlights.

SELF  
CARE  
ISN'T  
SELFISH

Promote  
Self-Care in  
your  
program





Ideas for supporting social connections in your program



Take time to  
get to know  
families in your  
program.

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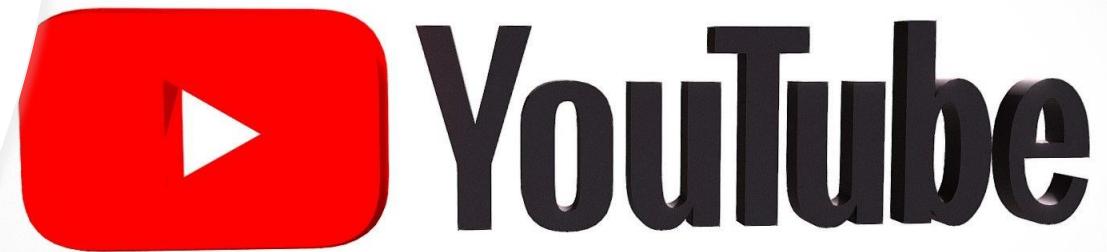




## *Other Ideas:*

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- Host Twitter chats with your families
- Go on Facebook Live for parent meetings & activities
- Have a YouTube channel for your program!







Connect families with  
similar interests





Meetings or Family Cafes: Virtual or In-person

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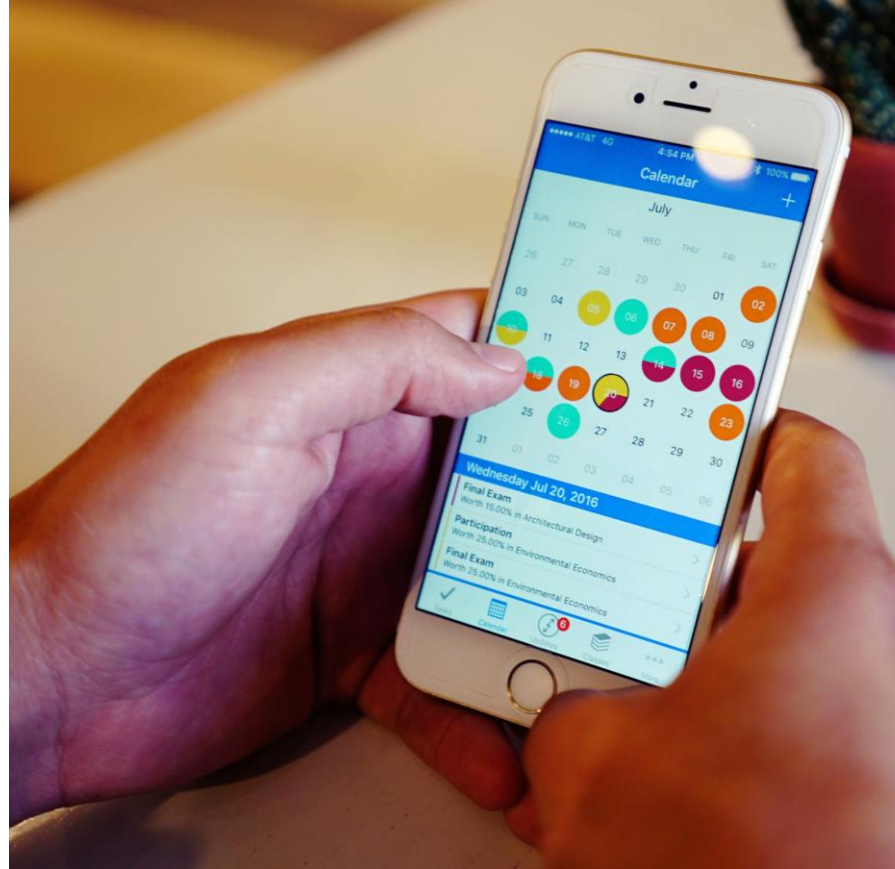


Provide opportunities for families to connect

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Use different forms of communication to inform families about events



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## “Notebook” Class Newsletter



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Ideas for supporting families' knowledge of parenting and child development





Families are important





# Family-Teacher Conferences

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Offer workshops for families



## Video Resources:

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- <https://developingchild.harvard.edu/resourcecategory/video/>
- <https://www.cdc.gov/parents/essentials/videos/index.html>
- <https://www.zerotothree.org/resources/series/parent-favorites>





Child development  
information in  
newsletters





Concrete Support in Times of Need



Offer  
information  
on  
resources:

- Food banks/Nutrition programs
- Clothing
- Housing
- Help with bills
- Resources for a developmental concern
- Employment Resources
- Transportation-carpooling list

Findhelpga.org







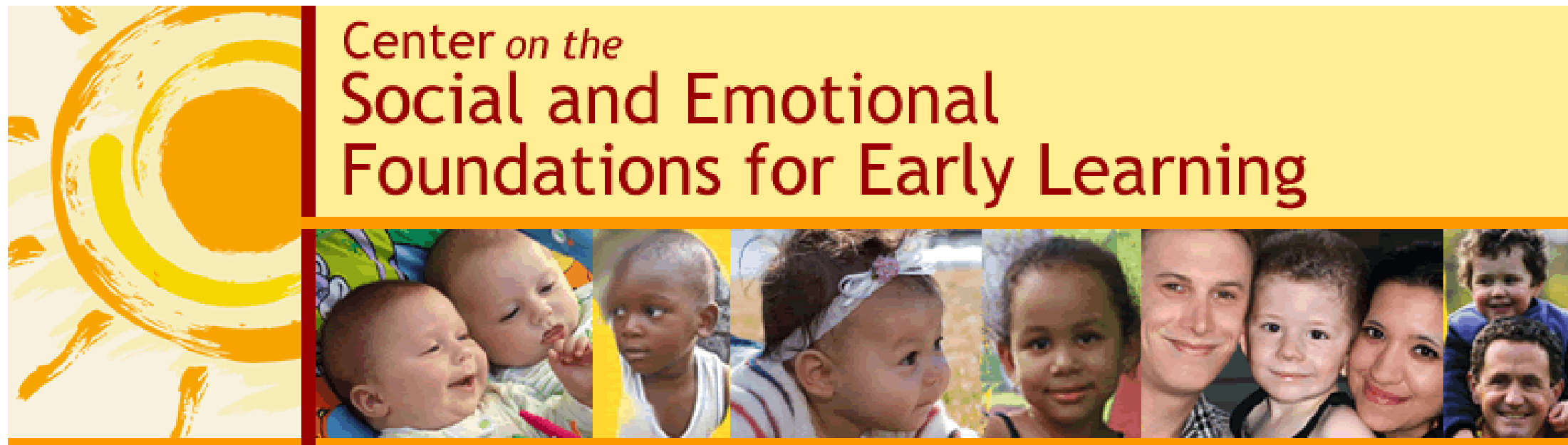
Supporting Social and Emotional Competence of Children

Help families  
foster their  
child's social  
emotional  
development

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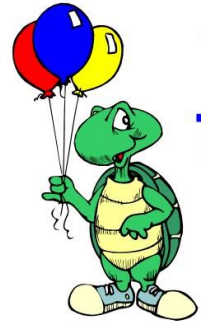


## CSEFEL Resources

<http://csefel.vanderbilt.edu/index.html>



# Feeling Wheel



## Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching  
the "Turtle Technique"

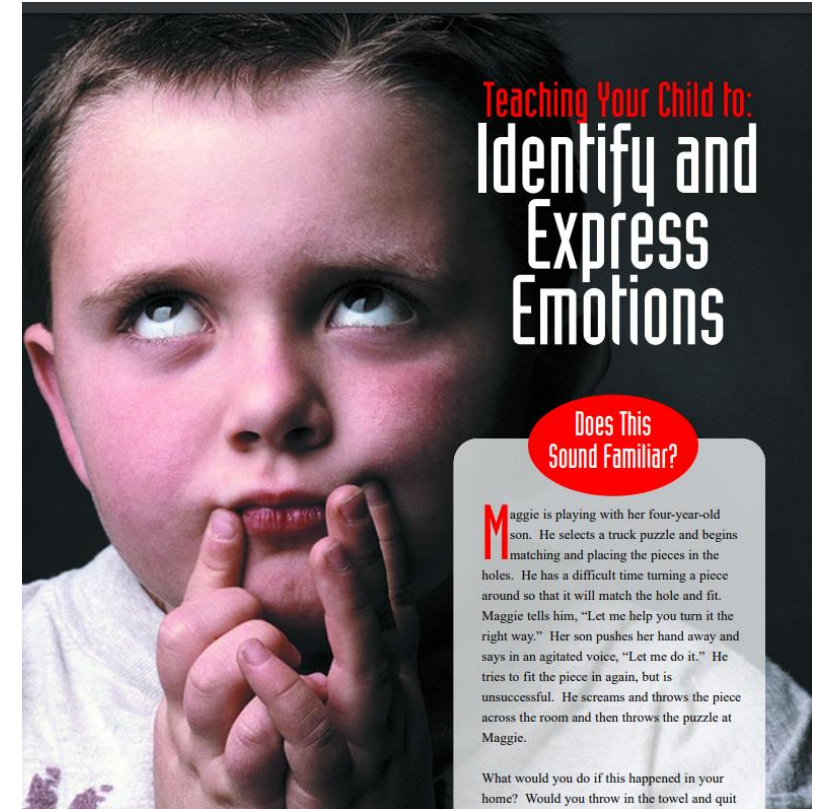
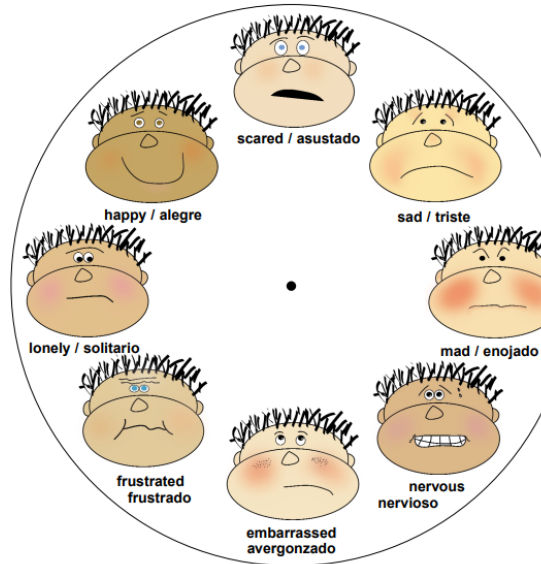
By Rochelle Lentini, University of South Florida

Updated 2007

Created using pictures from Microsoft Clipart® and Webster-Stratton, C. (1991). The teachers and children videotape series: Dina dinosaur school. Seattle, WA: The Incredible Years.



Center on the Social  
and Emotional Foundations  
for Early Learning



# CSEFEL Resource Examples



[cdc.gov/ActEarly](https://cdc.gov/ActEarly)

Learn the Signs.  
Act Early.



# Developmental Checklists

- 2 months
- 4 months
- 6 months
- 9 months
- 1 year
- 15 months
- 18 months
- 2 years
- 30 months
- 3 years
- 4 years
- 5 years

## Your baby at 9 months\*

Baby's Name \_\_\_\_\_

Baby's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 9 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



### What most babies do by this age:

#### Social/Emotional Milestones

- ☐ Is shy, clingy, or fearful around strangers
- ☐ Shows several facial expressions, like happy, sad, angry, and surprised
- ☐ Looks when you call her name
- ☐ Reacts when you leave (looks, reaches for you, or cries)
- ☐ Smiles or laughs when you play peek-a-boo

#### Language/Communication Milestones

- ☐ Makes different sounds like "mamamama" and "babababa"
- ☐ Lifts arms up to be picked up

#### Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Looks for objects when dropped out of sight (like his spoon or toy)
- ☐ Bangs two things together

#### Movement/Physical Development Milestones

- ☐ Gets to a sitting position by herself
- ☐ Moves things from one hand to her other hand
- ☐ Uses fingers to "rake" food towards himself
- ☐ Sits without support

#### ★ It's time for developmental screening!


At 9 months, your baby is due for general developmental screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your baby's developmental screening.

### Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

**You know your baby best.** Don't wait. If your baby is not meeting one or more milestones, has lost skills





# The Milestone Tracker App- *Now Updated!*

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## Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Download on the  
App Store

GET IT ON  
Google Play



Track & Share  
Milestones

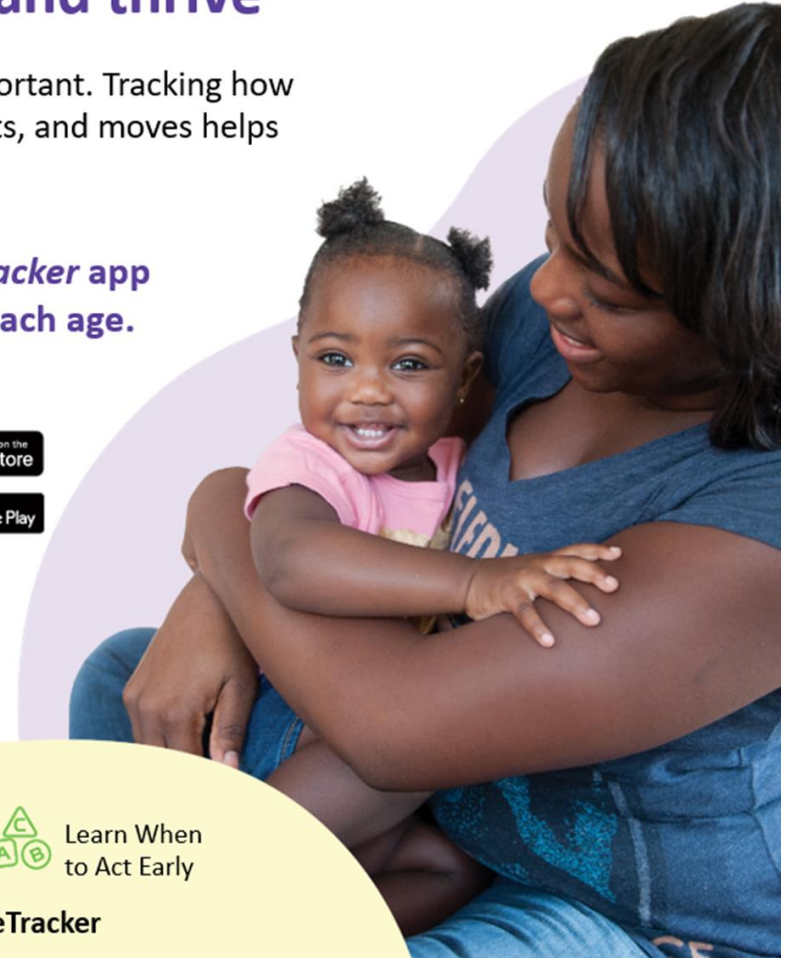


Get Tips &  
Activities

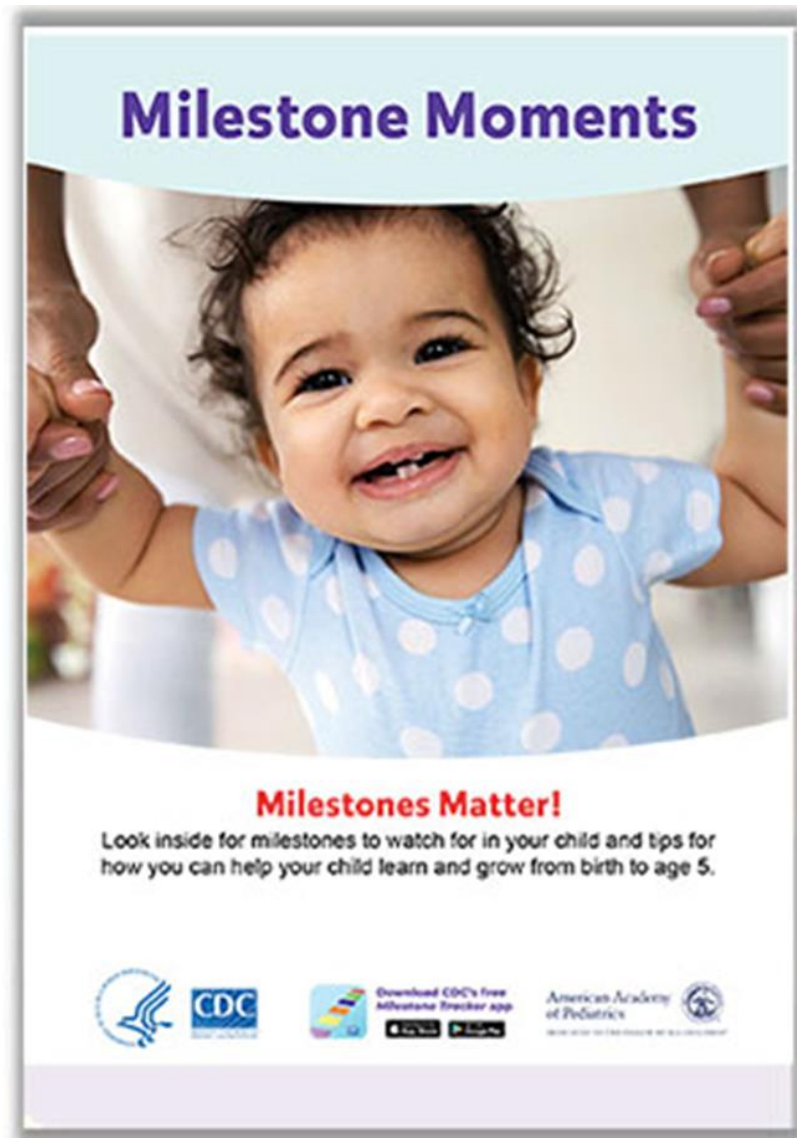


Learn When  
to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://cdc.gov/MilestoneTracker)



# Milestone Moments Booklet



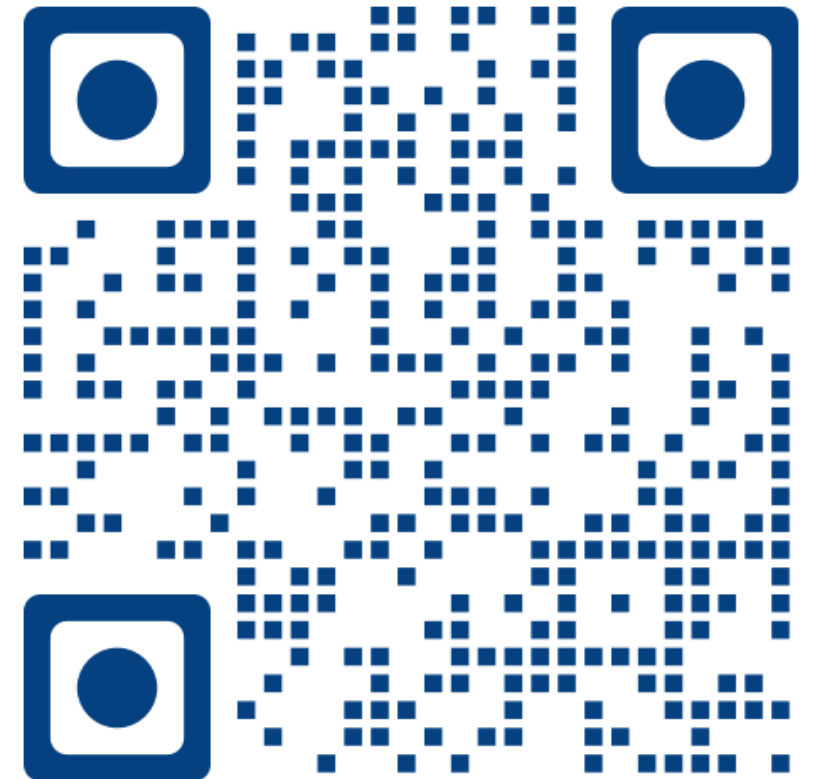




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DECAL has a developmental  
monitoring website!

[Development.decals.ga.gov](https://development.decals.ga.gov)



Time to  
plan!

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# Contact Information

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Bridget Ratajczak

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Child and Family Development Supervisor

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(770)359-5547

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[childdevelopment@dec.al.ga.gov](mailto:childdevelopment@dec.al.ga.gov)

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[www.dec.al.ga.gov](http://www.dec.al.ga.gov)