



# How We Work to Help You and Your Family Thrive

**Everyone deserves a chance to thrive. At our organization, we pledge to work with children, youth, and families in ways that help them:**

1. understand and build their own strengths
2. have positive experiences
3. be as healthy and happy as they can be

*We use two frameworks to make sure we are delivering services in a way that gives children, youth, and families what they need to thrive. A framework is a set of ideas, organized in a way that helps us think about how we do our work. The frameworks we use are based on research about children, families, and well-being.*

## The first framework is the **Four Building Blocks of HOPE** – which stands for **Healthy Outcomes from Positive Experiences**.

The Four Building Blocks of HOPE are shown below. Research has shown when people have more of these positive experiences in childhood, they have better health, mental health, and social outcomes throughout their lives. We work with parents and caregivers, educators, health and mental health professionals, and youth to find ways to give children more chances to experience these Four Building Blocks.



**Relationships** with other children and with other adults through interpersonal activities.

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**Safe, equitable, stable environments** for living, playing, learning at home and in school.

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**Social and civic engagement** to develop a sense of belonging and connectedness.

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**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.

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**The second framework, *Strengthening Families*, focuses on five protective factors that help parents, children, and families thrive.**

Protective factors are those things that help to keep you healthy and thriving all the time and can help you recover from stressful times or after experiencing trauma. They are shown in the image below. Families' protective factors are influenced by the communities they live in and the relationships, supports, and opportunities they have. We work with parents and caregivers, educators, and health and mental health professionals to increase parents' opportunities to build these protective factors.



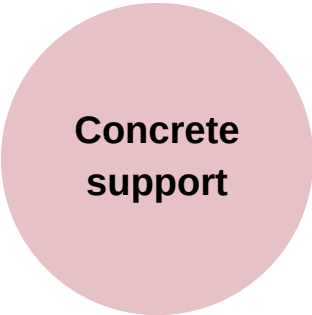
Managing stress and functioning well when faced with stressors, adversity, or trauma

Healthy relationships that promote a sense of connectedness, belonging, and mattering



Learning about prenatal, infant, and child development, and using developmentally and contextually appropriate parenting practices

Identifying, accessing, advocating for, and receiving the basic necessities everyone deserves and specialized services to address specific needs



Helping children to build positive social skills and regulate their emotions and behaviors

## What you can do

Families can take steps to increase their children's access to all four of the Building Blocks of HOPE and build their own Protective Factors.

This may look different family to family, but some ideas include:

### Relationships and Social Connections:

- This is about your social circle – who do you turn to for support? Who is a positive influence for yourself and your children? If you have fallen out of touch with a friend or family member, could you reach out to reconnect?
- Talk to your kids about who is important in their lives, including people at school, in a club, on a team, at a job, or in the neighborhood. Some of your closest social connections may be key sources of support for your children, too.

### Environment and Concrete Support

- Learn more about what is available in your community to help families meet basic needs. These resources could help you or another family you know. Where could you go for help with housing? Food? Healthcare?
- Keep your home safe by making a safety plan for guns, prescription medication, or unsafe substances.
- Spend time outdoors together as a family. Go to the playground, take a walk in the woods, ride bikes around the neighborhood, or take a ball outside and play catch

## **Social and Civic Engagement and Social Connections:**

- Talk to your kids about where they feel like they belong and matter. This could be at home, at school, with a group of friends, or on a team. How can you help them stay involved? How can you help them find more places they feel they belong?
- Talk early and often with your children about their friends and social connections. Help them understand which ones are positive influences and which might be negative.
- Think about where you feel like you belong and matter too! Make a list of the types of social connections you want to build and think about ways you can start doing that. Join a club, start up a conversation with a neighbor, or volunteer to meet a community need. See who you meet and how you feel!

## **Emotional Growth and Parental Resilience, Knowledge of Parenting and Child Development, Social and Emotional Competence of Children:**

- The next time your child is upset, help them to calm down. We call this co-regulation. Some great ways to start this include breathing together, naming where feelings live in our bodies, or connecting with the present by listing things we can see, hear, feel, smell, or taste.
- Think about your life as a parent. Are there things you might like to do better? For example, if you wanted to better understand your child at their current stage of development, you could read a book or listen to a podcast to learn more. If you find yourself feeling stressed or challenged as a parent, you could plan time with your partner or a friend to talk. If you want to do more to help other parents, you could also get involved in or organize an activity in your community. We can all learn and grow in our parenting roles!

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