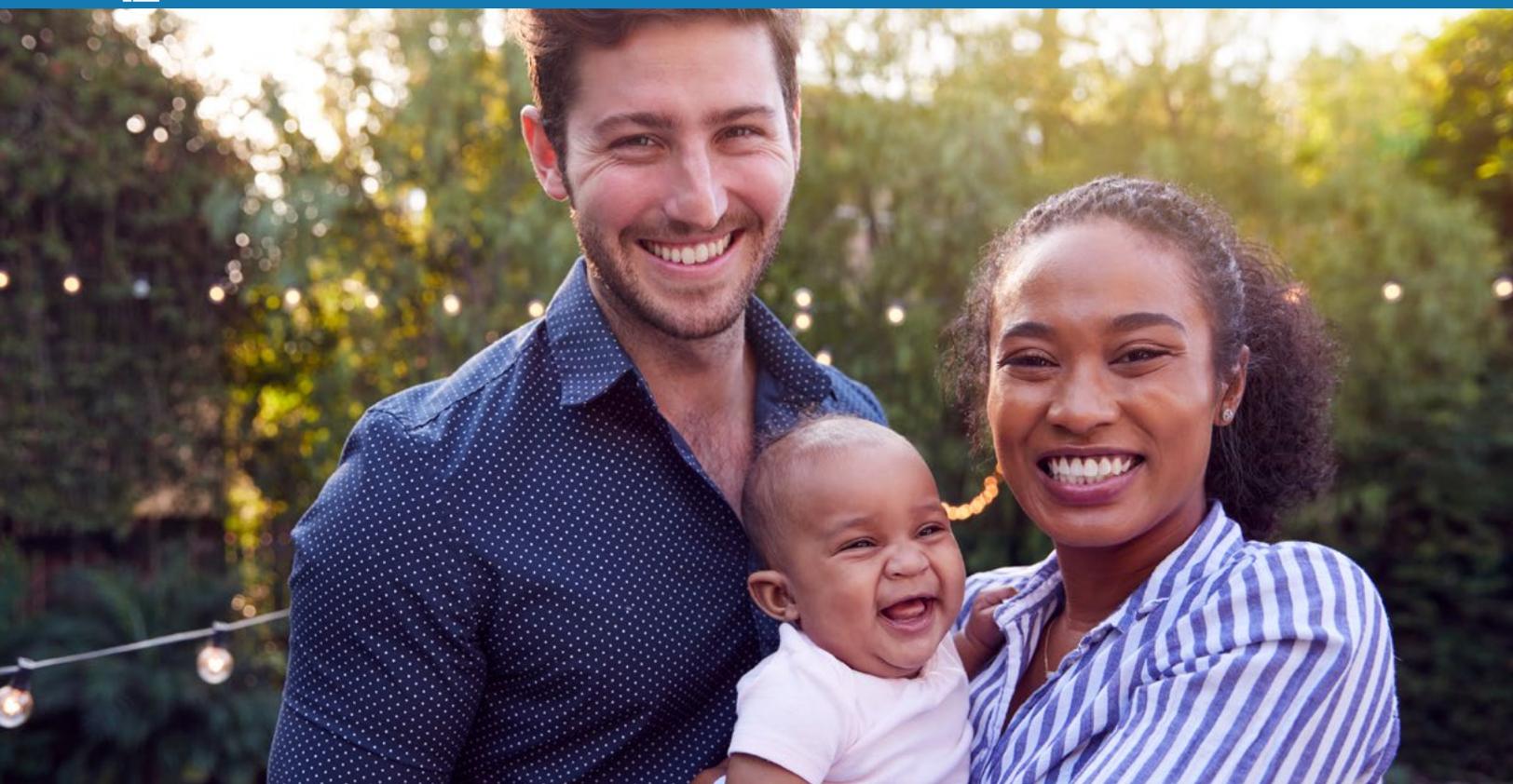


Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



Strengthening Families and HOPE

We have talked about the Strengthening Families Protective Factors Framework for many years. If you are a Parents as Teachers program, the five Protective Factors are embedded in the model and curriculum. If you are a Children's Trust Fund grantee, you have incorporated the Framework into your program. If you conduct Be Strong Parent Cafés, you know that the Protective Factors are the foundation of the Café.

The Protective Factors — Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Supports and Social Emotional Competence in Children — are a part of our work with

families, generating ways to support families building the Protective Factors in their lives. We have discovered over the years how essential it is for family support professionals to recognize the impact of the Strengthening Families Protective Factors in their own lives — as family members with or without children.

The Strengthening Families Protective Factors Framework helps adults see the strengths that they have and can use as members of families and as they rear their children. It shifts the focus of thinking from “what is wrong” to “what is strong.” Family support professionals can discuss with adult family members what happened, including multiple stress experiences in their earlier years, and begin to concentrate on ways

to build on and grow the Protective Factors that will keep them and their family members strong. The Protective Factors have stressed the importance of supporting the adults in the family so that they can nurture and support the children. Further investigation into protective factors has led to the concepts of Positive Childhood Experiences (PCEs) and Healthy Outcomes from Positive Experiences (HOPE) by a collaborative group of physicians, social workers, social science researchers and others. The key investigator, Dr. Robert Sege, is based at Tufts University Medical Center and is a Fellow with Center for the Study of Social Policy.

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Family Support Team

Family Support at Center for Schools and Communities provides training and technical assistance to Parents as Teachers providers, Children's Trust Fund grantees and the Strengthening Families Leadership Team.

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continued from page 2, *Safe Kids Corner*

- Make sure kids learn these five water survival skills.
 - Step or jump into water over their head and return to the surface.
 - Turn around in the water and orient to safety.
 - Float or tread water.
 - Combine breathing with forward movement in the water.
 - Exit the water.
- Teach children that swimming in open water is different from swimming in a pool. Be aware of situations that are unique to open water, such as limited visibility, depth, uneven surfaces, currents and undertow. These potential hazards can make swimming in open water more challenging than swimming in a pool.
- Learn CPR and basic water rescue skills. It is important to know how to respond in an emergency without putting yourself at risk of drowning. Learning these skills may help you save a life.

[From Safe Kids Worldwide](#)

Parents as Teachers Online Courses

Foundational and Model Implementation

For new parent educators and new supervisors of affiliate programs

Monday, Jul. 19 – Friday, Jul. 30	Monday, Nov. 8 – Friday, Nov. 19
Monday, Sep. 13 – Friday, Sep. 24	Monday, Dec. 6 – Friday, Dec. 17
Monday, Oct. 18 – Friday, Oct. 29	

Foundational 2: 3 Years Through Kindergarten

For new approved users

Monday, Aug. 2 – Friday, Aug. 6	Monday, Oct. 4 – Friday, Oct. 8
Monday, Sep. 27 – Friday, Oct. 1	Monday, Nov. 1 – Friday, Nov. 5

Foundational Training ONLY

Monday, August 9 – Friday, August 17

Register for courses at the National Parents as Teachers' [training website](#).

If you have any questions regarding registration for PAT trainings, please contact [Jennifer Esposito](#).

Returning to the Office

For many people, the time has come to head back into their "other" office after nearly a year of working from home. If you are one of the many returning to the main office, here are some not-so-serious tips to consider:

- Come armed with cleaning supplies, not because of COVID but because of the layer of dust that may be covering your workspace.
- Remember, recycling is important, especially all of those year-old papers laying around your office.
- Despite the summer heat, sadly, shorts do not classify as business attire. It's time to wear "work wear" again.
- Make sure your desktop computer has a camera so that you can still meet online with your coworkers and clients. Why meet face-to-face when you can Zoom?

On a more serious note, please remember that COVID-19 and its variants are still out there. Although many Americans have been vaccinated, others have not. Whether vaccinated or not, please follow these CDC guidelines to keep you, your coworkers, your clients, and your loved one safe:

- [CDC Guidelines for Fully Vaccinated Individuals](#)
- [CDC Return-to-Work Guidelines for Unvaccinated Individuals and Suggested COVID Precautions for Everyone](#)