



SUPPORTIVE COMMUNITIES • THRIVING FAMILIES

Bring Up Nebraska is administered by Nebraska Children and Families Foundation.

FOR SERVICE PROVIDERS



For many kids, childcare providers, and other caregivers are the center of their waking hours. If you have regular contact with children and their parents, you have a unique perspective into the dynamic of each family.

You also have the power to promote the Protective Factors in these families.



Pinwheels for
PREVENTION

Prevent Child Abuse
Nebraska

Supported by the Nebraska Child Abuse
Prevention Fund Board

KNOWLEDGE OF PARENTING/CHILD DEVELOPMENT

What we know:

Parents that are familiar child development and appropriate parenting strategies tend to be more effective and happier with their children.

What you can do:

- Provide information on developmental stages with examples
- Be responsive to issues presented by parents in the moment
- Offer information or coaching on specific parenting challenges
- Give parents opportunities to network with each other
- Promote early identification of children's developmental delays and recommend appropriate assistance
- View the Tip Sheets in the [2019-2020 Prevention Resource Guide](#) (English and Spanish)

Here are some specific strategies:

Monthly development info

Share what you know about the age group you're teaching. Send home periodic letters about the developmental milestones, challenging behaviors that are common, interests that may come up and age-appropriate activities. You can also include good information on family and parenting challenges like the [Parenting Guides at boystown.org](#).

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

What we know:

Children who learn to communicate their emotions effectively and develop self-regulating behaviors interact more positively with adults and peers and are more likely to fare better in school and in life.

What you can do:

Assist parents and caregivers to:

- Respond warmly and consistently to each child's needs
- Create an environment in which children feel safe to express their emotions
- Talk with children about emotions to promote vocabulary development
- Help children separate emotions from actions; model empathy
- Encourage and reinforce children's social skills such as taking turns

Here are some specific strategies:

The Pyramid Model

Across Nebraska, the Pyramid Model is being implemented in facilities that educate children from birth to age five. This is an evidence-based approach to promoting social and emotional competence in infants and young children. Learn more about the Pyramid Model at <https://rootedinrelationships.org/resources/videos/pyramid-model-in-nebraska.html>.

RESILIENCE

What we know:

Many characteristics and abilities comprise resilience, such as a problem-solving skills, positive attitude and seeking help when needed. Resilience is the ability to handle both general life stresses and parenting stresses as well as to recover from occasional crises.

What you can do:

- Provide information on stress and how it affects health and relationships
- Help parents develop skills such as planning, goalsetting, problem-solving and self-care
- Make mental health support accessible and nonstigmatizing.

SOCIAL CONNECTIONS

What we know:

Parents that are connected to constructive, supportive family, friends and communities have better child and family outcomes. Everyone needs people in their lives that offer positive emotional support, positive parenting examples, resource sharing and mutual help.

Identifying and building on parents' current or potential social connections, skills, abilities and interests can be a great way to partner with them as they expand their social networks. For parents who have difficulty establishing and maintaining social connections, your discussion may help them identify what is holding them back. Encourage parents to express goals regarding social connections in their own terms, such as, "I have friends and know at least one person who supports my parenting."

What you can do:

- Create spaces or opportunities for parents to socialize
- Help parents choose positive social connections



CONCRETE SUPPORTS

What we know:

Parents need basic resources such as food, clothing, housing, transportation and access to essential services in order to ensure the health and well-being of their children. Many families do not get the resources and services for which they are eligible. Stigma can be one significant barrier.

Working with parents to identify their most critical basic needs and locate concrete supports keeps the focus on family-driven solutions. As a partner with the family, your role may simply be to make referrals to the essential services, supports and resources parents say they need. Some parents might need additional support in identifying their own needs, addressing their feelings about asking for help, navigating eligibility requirements or filling out forms.

What you can do:

- Use trusting relationships as the gateway to services and service networks
- Help families know what is available in the community as well as how to access local resources and services
- Promote service designs that support family integrity and build on family strengths
- Strengthen connections between service providers

Here are some specific strategies:

Afterschool/summer learning programs

Child care in the non-school hours is a critical need for working families. Having the kids safe and engaged in meaningful activities afterschool and during the summer means that parents will have the peace of mind they need to earn the income that will help the whole family get ahead. Your school may already have these programs in place. Are they serving all of the children who need them?

Food distribution

Making food available, via a backpack program, church pantry, community center or other methods, helps ensure that families what they need. After all, it's difficult to maintain secure family bonds and positive interactions when the stress of chronic hunger is very real.

Central access to family services

Many counties in Nebraska have a Community Response system that can be accessed through a Central Navigator.

<https://www.nebraskachildren.org/what-we-do/community-prevention-systems/community-contacts.html>.