

# Family Support NEWS BRIEF

A publication of



CENTER FOR SCHOOLS AND COMMUNITIES



## HOPE

*I hope you have a good day!*

*I hope I get to the meeting on time.*

*I hope you have a great vacation!*

We may hope to win the lottery or hope that our family members remain safe and healthy. We hope for many things, small and big. According to Merriam Webster, hope is both a noun and a verb: a feeling of expectation and desire for a certain thing to happen (noun), and wanting something to happen or be the case (verb). Whether it is hope for better times or hope for a team to win the game, hope fills us with what might be. It is possible to hope for something and also work towards making it happen. One such hope is that our children will thrive through positive experiences that parents, caregivers, and others can create. Healthy Outcomes

from Positive Experiences (HOPE), a new paradigm developed by researchers at Tufts University, explains how positive experiences protect individuals from the harmful effects of toxic stress.

Ongoing research about Positive Childhood Experiences (PCEs) is supported by the Center for the Study of Social Policy and CTF Alliance, Academy of Pediatrics, and others. Positive experiences

“Allow children form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways.”<sup>1</sup>

Positive experiences in a child’s life can counteract the negative ones. Adverse Childhood Experiences (ACES) and their lifelong impact has dominated the

conversation about stress in people's lives. Stressors will continue to impact children and adults, but positive experiences can reduce those effects.

Family support providers can encourage parents and caregivers to build the protective factors that keep their family strong and provide positive experiences with their children. Those working with families can observe and acknowledge the positive experiences that they provide for their children and encourage the family to celebrate those experiences. When a parent shows resilience by not giving up through trying times, they model a behavior that can create a sense of reliance on personal strength in their children. This also demonstrates that there are alternatives to giving up when faced with difficult situations.

Parents can also provide opportunities for their children to build their own ways of coping with stress that serve them in difficult situations. When a parent recognizes how their social connections affect their own sense of belonging, they can create positive experiences for their children to grow their connections with peers and adults. For example, children can develop positive relationships with peers and "grown-ups" in family celebrations and neighborhood gatherings. Connections with others can lead to meaningful experiences such as affirmation for artwork or athletic ability, success in school, or engagement in a community activity such as gardening.

According to "Transforming Practice with HOPE (Healthy Outcomes from Positive Experiences)", the "HOPE framework provides a balanced approach to communication, assessment, workflow, and true partnerships between providers and families that may promote PCEs, help prevent child abuse and neglect, and break the link between adversity and toxic stress."<sup>2</sup>


PCEs are promoted through four building blocks of HOPE: relationships; safe equitable, stable environments; social and civic engagement; and emotional growth.<sup>3</sup> HOPE resources can offer ideas on how family support professionals can assist families with ways they can create positive experiences in their children's lives. Let us remain hopeful that positive experiences will not only protect our children, but that they can carry forward those experiences with the next generation.

## Sources

<sup>1</sup> <https://www.avahealth.org/aces/positive-childhood-experiences.html>

<sup>2</sup> <https://positiveexperience.org/wp-content/uploads/2022/08/Transforming-practice-with-HOPE.pdf> Transforming Practice with HOPE (Healthy Outcomes from Positive Experiences) Dina Burstein1 · Chloe Yang1 · Kay Johnson2 · Jef Linkenbach3 · Robert Sege1 Accepted: 26 April 2021 / Published online: 5 May 2021 © The Author(s), under exclusive license to Springer Science+Business Media, LLC, part of Springer Nature 2021 Maternal and Child Health Journal (2021) 25:1019–1024 <https://doi.org/10.1007/s10995-021-03173-9>

<sup>3</sup> <https://positiveexperience.org/wp-content/uploads/2022/07/The-Four-Building-Blocks-of-HOPE.pdf> The information in this handout is based on the research of Dr. Robert Sege, Director of the Center of Community-Engaged Medicine at Tufts Medical Center and Dr. Charlyn Harper Browne from the Center for the Study of Social Policy. The four building blocks of HOPE were first published in the following paper: Sege, R. and Browne, C. Responding to ACEs with HOPE: Healthy Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85 [positiveexperience.org](https://positiveexperience.org)



**Pearls of Wisdom**

"Teamwork undoubtedly moves all the mountains, and even while waiting and with patience, we will reach the top of them, because up there we will see our hard work done and all the visions for which one day we fought together."

Lissette Maldonado, PAT Supervisor  
Marvine Family and Community Center  
Bethlehem Area School District



## Upcoming Family Support Webinars

**Wednesday, April 20, 2023 from 10:00 AM to 11:15 AM**

### **Mothers and Babies: Bridging the Mental Health Gap**

Join us in our discussion surrounding mental health, particularly in communities with limited access to services and intervention. We will share our experience implementing the Mothers and Babies curriculum and the challenges and successes that we've found with the families we serve. This flexible curriculum is a great tool to have in your toolbox, so put on your hardhats and get ready to brainstorm ways of building stronger families!

#### **Presenters**

**Nicole Wilson**, Family Support Specialist

**Alaura Tuft**, Family Support Specialist

**Stephanie Ghormley**, Supervisor for NOWCAP Parents as Teachers, Fremont County



**Thriving Together  
Growing Stronger**

May 2-4 Harrisburg, Pennsylvania

**May – No Webinar**

**See you at the 2023 Pennsylvania Strengthening Families Conference!**



**June 7, 2023 from 10:00 AM to 11:15 AM**

**Healthy Outcomes from Positive Experiences: Supporting Families through HOPE**

## February Family Support Webinar Recap

The February Family Support webinar, "Equity Through Language Access", was held February 1, 2023. This webinar was designed to help service providers to understand the meaning and importance of language access, to identify language assistance resources, and to learn basic practical skills for working with interpreters and written translations to increase equity and inclusion of individuals who do not communicate in English.

[Watch Equity Through Language Access recording](#)



## Parents as Teachers Online Courses

### **Foundational and Model Implementation**

For new parent educators and new supervisors of affiliate programs.

Monday, March 20 – Friday, March 31, 2023

Monday, April 17 – Friday, April 28, 2023

Monday, May 8 – Friday, May 19, 2023

### **Foundational 2: 3 Years Through Kindergarten**

Monday, March 13 – Friday, March 17, 2023

Monday, May 30 – Friday, June 2, 2023

Monday, June 26 – Friday, June 30, 2023

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

Questions regarding registration for PAT trainings? Contact [Jennifer Esposito](#).





## 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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[Pennsylvania Parents as Teachers](#) at Center for Schools and Communities

[Children's Trust Fund](#)

[Pennsylvania Strengthening Families](#)

### **Family Support at Center for Schools and Communities**

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# Safe Kids Corner



## Falls

From the moment your baby starts to crawl, the world is a magical place filled with new adventures and discoveries. From a child's perspective, everything is a potential mountain to climb (that giant bookshelf), obstacle to overcome (those pesky stairs), or mysterious place to investigate (anywhere beyond the safety gate). Little bumps will happen, but we're here to help so these brave expeditions don't result in something more serious.

### The Hard Facts

Unintentional falls are the leading cause of non-fatal injuries for children in the United States. In 2013, unintentional falls resulted in nearly 2,578,235 injuries requiring treatment in an emergency room. These injuries resulted from activities such as climbing on furniture, playing near an unsecured window, falling down the stairs or playing on playgrounds.

### Top Tips

1. Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. For windows above the first floor, include an emergency release device in case of fire.
2. Keep babies and young kids strapped in when using highchairs, infant carriers, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of a table or other furniture.
3. Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
4. Secure TVs and furniture to the wall using mounts, brackets, braces, anchors, or wall straps to prevent tip-overs. These kinds of accidents happen more than you might think, so take a few minutes, secure your TV and furniture, and then never worry about it again.
5. Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips, or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass, or dirt.

Source: <https://www.safekids.org/falls>