

Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



The Impact of Home Visiting Programs on Parental Resilience

Evidence-based home visiting programs have provided personalized support to help families meet their individual needs. A skilled professional goes into the home and offers parents guidance on many areas of parenting. The types of support could cover child development, parent-child attachment, parenting skills, self-care, and many others. Home visits with family support professionals and families seek to provide parents with education, resources, and encouragement to help them to build on their strengths and cope with challenges. These tailored home visiting services also improve parental resilience in a variety of ways.¹

Benefits of Parental Resilience

Resilience is known as the ability to cope effectively when faced with life stressors. As parents develop tools to manage stress, they become more resilient. As parental resiliency develops, it has a positive effect on

self-efficacy and the parent-child relationship. Research has shown that home visiting programs have a positive effect on parental resilience, making them more likely to achieve positive outcomes.²

Building Parental Resilience Through Community Connectedness

At one time the assumption was that resilience is dependent on the individual and their own strength to persevere through life's challenges. This notion is inaccurate because it places the sole responsibility on the individual and does not consider other external influences – such as societal, political, environmental, and health issues – that can positively or negatively impact the individual. Recognizing these disparities within a community can help to bring change in the perception of parental resilience and cause a positive ripple effect for families facing challenges. In a report by the Center for

the Study of Social Policy, the author states, “identifying and addressing community conditions and processes that facilitate positive change and positive functioning is increasingly recognized as essential for preventing adversity, mitigating the impact of adversity and build stronger communities to support child, youth, and family health and well-being.”³

How Family Support Professionals Can Support Parental Resilience

Some best practices that a family support professional can use to build resiliency are to focus on family strengths, connect families to their community activities and services, promote social connections, and by providing resources for what they need. Home visitors can highlight parents’ strengths through their interactions during visits. It is important for family support professionals to acknowledge the bravery of parents to address difficult situations they have encountered.⁴

Resources

Center for Schools and Communities, Video: [June 2024 Discussions with the Director: Expanding the Understanding of Resilience](#)

PDF: [I Deserve Self-Care: A Guide for Professionals](#)

Sources

- 1 “Three Benefits of Participating in a Home Visiting Program.” Parent Partners Plus, 31 Aug. 2023, www.parentpartnersplus.com/three-benefits-of-participating-in-a-home-visiting-program/
- 2 Parental Resilience, Center for the Study of Social Policy, www.cssp.org/wp-content/uploads/2018/08/ProtectiveFactorsActionSheets.pdf. Accessed 24 July 2024.
- 3 Harper Browne, C. (2024, January). Expanding the Perspectives and Research Foundation for the Strengthening Families & Youth Thrive Frameworks. Center for the Study of Social Policy. <https://www.cssp.org/resource/expanding-the-perspectives-and-research-foundation-for-the-strengthening-families-youth-thrive-frameworks>
- 4 Start Early. (2023). NEAR@Home Toolkit. Chicago, IL. https://www.startearly.org/app/uploads/2020/09/NEAR@HomeToolkit_5th-Edition.pdf

Share Your Story

Please send your success stories or program news to share in future News Briefs to [Drewanne Kline](#).

Pennsylvania Parents as Teachers Courses

August 26-September 9, 2024

Start Time: 8:00 AM CST

Instructors: Terry Wertman, Bethany Smith

[Register for FMI August](#)

[Register for FND August](#)

September 9-20, 2024

Start Time: 8:00 AM CST

Instructors: Terry Wertman, Bethany Smith

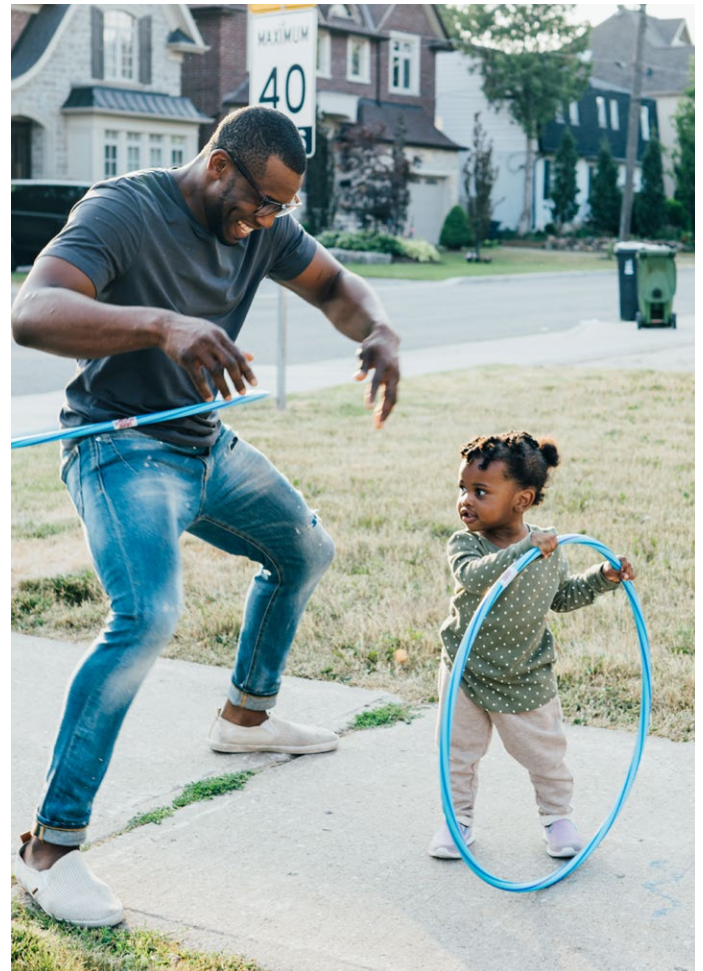
[Register for FMI September](#)

[Register for FND September](#)

[Register for F2](#)

Start Time: 1:00 PM CST

Instructors: Terry Wertman, Bethany Smith





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.

[Alexia Brown](#)

Family Support Technical Assistance Coordinator
(717) 763-1661, ext. 146

[Jennifer Esposito](#)

Family Support Data Coordinator
(717) 763-1661, ext. 161

[Christine Felicetti](#)

Family Support Coordinator
717-763-1661, ext. 104

[Drewanne Kline](#)

Family Support Project Specialist
717-763-1661, ext. 169

[Rijelle Kraft](#)

Family Support Managing Coordinator
(717) 763-1661, ext. 221

[Karen Shanoski](#)

Family Support and Community Engagement Director
(717) 763-1661, ext. 139

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

[Pennsylvania Children's Trust Fund](#)

[Pennsylvania Strengthening Families](#)

Family Support at Center for Schools and Communities

275 Grandview Avenue
Suite 200, Camp Hill, PA 17011
(717) 763-1661

centerforschoolsandcommunities.org



Safe Kids Corner: Swimming

Whether it's a trip to the beach or a dip in the community or backyard pool, these swimming safety tips can help you have fun in the sun.

Hard Facts about Drowning

Drowning is the leading cause of injury-related death among children ages 1-4. And it's the third leading cause of unintentional injury-related death among children 19 and under.

In 2018, 918 children under the age of 19 drowned and more than 7,000 were seen in the emergency room.

Top Tips for Swimming Safety

Watch kids when they are in or around water. Keep young children and weak swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.

Choose a [Water Watcher](#). When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development, and how often they are around water.

Make sure kids learn these five water survival skills.

1. Step or jump into water over their head and return to the surface.
2. Turn around in the water and orient to safety.
3. Float or tread water.
4. Combine breathing with forward movement in the water.
5. 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.

Learn More About Swimming Safety

Don't worry – you're not in over your head in terms of swimming safety. But if you're interested, [learn more swimming safety tips](#). You can also learn about [boating safety tips](#) and [water safety at home](#).

Source: [Safe Kids Worldwide](#)