

Strengthening Families Approach

The Self Help Inc. Coordinated Family and Community Engagement program is committed to the **Strengthening Families** approach in servicing families. At the center of the Strengthening Families Approach are the Five Protective Factors (Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in times of Ness and Children's Social Emotional Development). Research studies support the commonsense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes. Research shows that these protective factors are also "promotive" factors that build family strengths and a family environment that promotes optimal child and youth development. (<http://www.cssp.org/reform/strengtheningfamilies>)

CFCE Services

WHAT ARE HOME BASED SERVICES?

Home based services focus on the individual family and on family life. All of our home services are based on the Strengthening Families approach using the five protective factors. These are evidence based support factors that build healthy environments for the optimal development of all children and families. These **FREE** services can include:

- ✓ Information/Referrals/Resources (i.e. fuel assistance, mental health etc.)
- ✓ Ages and Stages Child Development Screenings
- ✓ Kindergarten Transition and Readiness Info./Support Kindergarten Readiness Info./Support
- ✓ Home visits to chart a course for your

- immediate needs
- ✓ Home visits (Bringing Up Baby –new baby visits)
- ✓ Information on State's Centralized Waitlist for Childcare Assistance

WHAT ARE COMMUNITY BASED SERVICES?

All community based services are **FREE** and located in the libraries or other free community venues where families visit. The target age of all CFCE services are infants—school age, specific activities may target a particular age. These **FREE** activities are designed to educate parents/children, enhance parental resilience and help families build social connections. Please see our website for times and locations of these activities.

Parent/Child Activities:

- ◆ Music and Movement
- ◆ Preschool and Toddler Play-N-Learn
- ◆ Parent/Child Playgroups (all ages)
- ◆ Buddy Nights (for dads and male role models)
- ◆ Yoga for Preschoolers
- ◆ On the Move! Parent/Child Playgroup
- ◆ Read and Rise Literacy Playgroups
- ◆ Kindergarten Here I Come Playgroups
- ◆ Annual Events-Family Book Swap, Literacy Month, Read Across America, Brain Building
- ◆ STEAM Programs (Science, Technology, Engineering, Arts, Math)
- ◆ Grandparent-Grandchild Playgroups

Parent Workshops

Parent workshops are **FREE** and can include topics like:

- ☺ Teaching Self Discipline
- ☺ Becoming Your Child's Advocate
- ☺ Tantrum Troubles

- ☺ Routines and Rituals
- ☺ Bullying
- ☺ Supporting the Emotional Development of Young Children
- ☺ Parent Cafés

PARENT CHILD+ HOME BASED LITERACY PROGRAM

Parent Child+ is an evidence-based school readiness model that provides young children and their parents with learning tools and skills. Families with young children (16 mths-3 yrs.) receive twice-weekly 30-minute visits to support healthy development and educational success. You will also receive:

- ⇒ a free high- quality book or educational toy each week -at least 46 new books and toys!
- ⇒ You will learn creative ways to read and play with your child.
- ⇒ It helps you prepare your child to be successful in school.

More info: contact Gina McGarrigle at 508-559-1666 ext. 1814 or email gmcgarrigle@selfhelpinc.org

BRAIN BUILDING IN PROGRESS

Caring adults are the ultimate brain builders. A caring adult's back and forth serve and return interactions-cooing or speaking, touching and making eye contact-begin building brain architecture from the moment a baby is born. For more information on this statewide initiative please visit:

www.brainbuildinginprogress.org



**Self Help Inc. Coordinated Family and
Community Engagement Advisory
Council**

The Self Help Inc. Coordinated Family and Community Engagement Program is guided by its own Council. The Council consists of early childhood professionals (i.e. family childcare providers, center-based childcare programs, Head Start programs, and public school preschool programs), community members, and parents. The Council meets on a regular basis to address issues related to community needs, to provide budgetary input, and find ways to continually improve the services offered by SHI/CFCE. Membership on the Council is open to any and all community people/agencies interested in the system of Early Care and Education in their town.

**If you would like to be part of the
Self Help Inc. CFCE Council please
contact us at:**

cpc@selfhelpinc.org

Or visit: <http://selfhelpcpc.org/about-us/council/> for more information!



Please check our calendar for the most up to date information on all of our activities and events throughout the year, by visiting our website at www.selfhelpcpc.org

While there, join our **email list!**
**You can also scan the code below or
TEXT with your smart phone to join
our email list!**

SCAN:



OR

**TEXT: CFCE to
22828 to get
Started**

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**Coordinated Family and
Community Engagement**



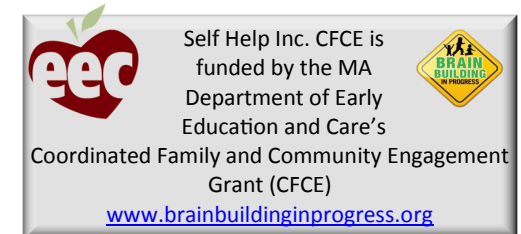
Address: 45 Pearl Street, Brockton, MA 02301

Phone: 508-559-1666

Fax: 508-588-1266

Web Address: www.selfhelpcpc.org

Email: cpc@selfhelpinc.org



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