

Strategies for Healthy Families



Nurturing and Attachment



Social Connections



Knowledge of Parenting



Concrete Support for Families



Parental Resilience



Social/Emotional Competence

With which of these factors do you see the most success in your family?

Which of these factors could use some improvement?

Which of these factors would you like to learn more about?

Protective Factors:
Nurturing and Attachment

How do you show love and affection in your family?

- Listen to their stories
- Say “I love you”
- Sing songs to them
- Snuggle, hug, or connect in other ways
- Make a meal or snack together
- Take walks or play outside together
- Do arts and crafts
- Thank them for helping out
- Read together
- Play a game
- Talk about feelings
- Laugh about something silly
- Get to know their friends
 - Ask them about their day
- Praise them and/or celebrate good news together
- Tell them what life was like when you were a kid
- Attend school or cultural events together
- There are many others...

Other ways you show love:

Protective Factors: Nurturing and Attachment

What gets in the way of nurturing? (examples: stress, work, other obligations)

How can you take care of yourself on days when nurturing feel hard?

How can you show your kid(s) you love them everyday? (Pick items off the list, or come up with your own)

| | | | |
|---------|-----------|------------|-----------|
| Monday: | Tuesday: | Wednesday: | Thursday: |
| Friday: | Saturday: | Sunday: | |

Protective Factors: Knowledge of Parenting

Positive Parenting | CDC

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Encyclopedia on Early Childhood Development

<https://www.child-encyclopedia.com/>

Parenting Resources and Support - Canadian Gov

<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/parent/parenting-resources-support.html>

Other _____

How were you parented and how does that affect the way you give care?

How has learning about trauma helped you reframe challenging behaviour?

Protective Factors Parental Resilience

What does resilience mean to you?

Where and when do you show resilience?

How does resilience influence the way you parent or give care?

What forms of self-care do you engage in?

How do you access community care?

Protective Factors Social Connections

Who supports you?

How do you feel supporting people you love?

How do you feel reaching out for support?

How could you create more or stronger connections?

Protective Factors Concrete Supports for Families

Community Supports and Resources – support lines and services

Hope for Wellness Helpline

24/7 Indigenous mental health counselling and crisis intervention
1-855-242-3310

Suicide Hotline

24/7 support for those in distress or who have concerns about someone else
1-800-784-2433

Kamloops Sexual Assault Counselling Centre

Support for survivors of sexual violence 13 years old and up 24/7
1-888-974-7278

Indian Residential School Survivors Society

24/7 support for survivors, families, and communities affected by Indian Residential schools.
1-800-721-0066

KUU-US Crisis Line Society

First Nations and Indigenous specific crisis line offered 24/7
1-800-588-8717

Interior Crisis Hotline

24/7 crisis support
1-888-353-2273

Kids Help Phone

24/7 confidential phone support for kids
1-800-668-6868

Community Supports and Resources – housing, family and childcare

Secwépemc Child and Family Services

Mental health and early years supports, family and community supports for First Nations.
250-314-9669
www.secwepemcfamilies.org

Lii Michif Otipemisiwak Family and Community Services

Supports for Métis children, youth and families.
250-554-9486
www.lmofcs.ca

Boys and Girls Club

Drop in groups for children and youth, free parenting programs.
250-554-5437
www.bgckamloops.ca

Elizabeth Fry Society

Community justice & legal services, housing resources, youth programs, community programs.
Main office: 250-374-2119
Legal aid offices: 250-314-900
www.kamloopsefry.com

Childcare Resource & Referral Centre

Resources and referrals for childcare providers. Information and supports for childcare subsidy and grants.
250-376-4771
www.kamloopsy.org/child-care-referral-services.htm

Interior Community Services

Wide range of parenting programs, family counselling, family supports, and anger and conflict management.
250-374-7435
www.interiorcommunityservices.bc.ca



Protective Factors Concrete Supports for Families

Community Supports and Resources – counselling and support

Children's Therapy & Family Resource Centre

A non-profit agency with therapy services for children & youth and support for children, their families and community.

250-371-4100

Axis 1st Step Program

Ongoing and situational substance use services consisting of; one to one counselling, family counselling, and outreach services.

Kamloops office: 250-851-2947

Family Tree & Family Centre

Trauma & addictions counselling, support for mothers in recovery, drop-in program, pregnancy care program.

250-377-6890

Indian Residential School Survivors Society

Emotional, mental, and spiritual development, along with healing and recovery, through culturally-based values and guiding principles for survivors, families and communities.

Kamloops Office: 250-828-163

Kamloops Community YMCA-YWCA

Family & parenting programs, mental health & wellness programs.

Downtown Y: 250-372-7725

John Tod Y: 250-554-9622

Kamloops Sexual Assault Counselling Centre

Counselling for adults, youth, and children. Psycho-educational groups for self-identified women and non-binary.

250-372-0179

www.ksacc.ca

Community Supports and Resources – health and wellness

ASK Wellness Society

A wide range of supports and services

including health, housing, emergency

funding, and employment

250-376-7558

www.askwellness.ca

First Nations Health Authority

Health services for First Nations including dental, pharmacy and vision care.

250-851-4836

www.fnha.ca

BC211

Call/text 211 for referrals to every kind of support imaginable.

Phone: 211

www.bc211.ca

Kamloops Aboriginal Friendship Society

Early childhood development, family preservation and youth services, elder

connections and cultural services, health services, mental health services, outreach services, and more.

250-376-1296

Community Living BC

Support for those living with developmental disability, autism and FASD

250-377-4444

Canadian Mental Health Association

Mental health supports

250-374-0440

Protective Factors Social and Emotional Competence

What social / emotional skills are important in your family? (examples: kindness, courage, honesty)

How do you, or can you, model social and emotional skills?

Which social or emotional skills would you like to improve in yourself? How could you work on these?

Teach kids social and emotional competence by:

- Creating an environment in which children feel safe to express their emotions
- Being emotionally responsive to children and modeling empathy
- Separating emotions from actions (e.g., “It’s okay to be angry, but we don’t hit someone when we are angry.”)
- Naming feelings (your own and/or theirs)
- Encouraging and reinforcing social skills such as greeting others and taking turns
- Talking about and celebrating differences
- Knowing which skills are age appropriate to avoid frustration

Moving Forward

What is one thing you could implement from this workbook this week?

This year?

Where will you ask for help if you need it?

