

Supporting Children's Healing--Building Connections, Guiding Behavior

Program Description

The quality of parent-child attachments is central to children's mental health. Parents are the medicine that can remediate children's behavioral issues. attention difficulties, non-compliance, aggression, and trauma. Providers who work with young people without engaging their parents are missing an opportunity to augment children's healing. Learn how to help parents use attention, communication, and structure to build stronger parent-child relationships and support children's wellbeing.

Program Objectives

Upon completion of this program, participants should be able to:

- Explain the importance of attention, communication, and structure in caregiver-child/teen relationships,
- List activities that can be implemented in sessions or given to families as homework to strengthen connections and help parents guide behavior.
- Outline the ways trauma and culture play into children's and families' needs.

Target Audience

Professionals who work in health, public health, parent education, mental health or substance abuse and work for children and their families.

Contact Hours

2.0 to 4.0 contact hours

Program Agenda

Building Strong Relationships: How to lay the foundation for good connection and behavior.

- ATTENTION
 - **Why** attention is so important:
 - [Four attachment styles](#)
 - Formation of view of self/others
 - Repairing disrupted attachment
 - **What** caregivers should pay attention to:
 - Paying attention to positive behaviors
 - Paying attention to emotions and emotional expression
- COMMUNICATION
 - **Why** open/direct communication is important.
 - **How** should we communicate?
 - Frequently, openly
 - Around big topics

You are the medicine: How to guide your child into appropriate behavior.

- STRUCTURE
 - **Why** parents need to guide behavior.
 - **Why** parents are key to children's success long term.

- **How** do parents support the development of characteristics in the child that result in success?
- **Why** structure is important for kids.
- **What** should we create structure around?
 - Schedules/routines
 - [Modeling](#)
 - Clear commands
 - Clear rules
 - Effective responses to problem behaviors

Special issues in parenting teens

- Getting youth buy in to adult authority.
- Coming out & belonging
- Respect + Responsibility = adulthood

Faculty:

Rachel Galanter, MPH, is El Futuro's Technical Assistance and Consultation Lead. A NC Parenting Education Network Certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, the Community Resiliency Model, and Biofeedback to help families address the ambivalence, stress and emotional issues that can be barriers to making change. She has employed proven models—Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to improve relationships between caregivers and children. Since 2002, Rachel has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A certified trainer by the Motivational Interviewing Network of Trainers and Trauma Resource Institute, she provides training and coaching to professionals on parent engagement, coaching, self-care, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change or getting professional support. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.