

Effectiveness and Long-Term Impacts

of the work of Family Resource Programs in Society

EFFECTIVENESS

FAMILY RESOURCE PROGRAMS

Are relationship-based low-intensity support for families. Programs provide parents the time they need to engage in program activities. Engagement facilitates the parent-practitioner relationship.

RELATIONSHIP-BASED AND FAMILY-CENTRED

Relationships are essential in enhancing family **resilience**. Programs are holistic and encompass more than early childhood development.



WHY IS IT IMPORTANT TO ENGAGE THE FAMILY INSTEAD OF FOCUSING ON CHILD DEVELOPMENT AND ACADEMIC SUCCESS ALONE?

this comes down to the social nature of all human beings. Social skills are the core to the child's future success. From prenatal to age five, attachment shapes self-regulation and more.

AREN'T ATTACHMENT AND SELF-REGULATION SOMETHING PARENTS DO NATURALLY?

This depends on the childhood of the parents and their living environment. Different situations such as intergenerational trauma and stress may affect the bonding process and the parent-child relationship.

WHY ARE ATTACHMENT AND SELF-REGULATION IMPORTANT TO CHILD SUCCESS?

Healthy attachment between parent and child nurture healthy self-regulation in the child. The more self-regulated a child is, the more he or she will contribute to society as adult. Five-year-olds with low self-regulation skills are more likely to represent high economic costs to the welfare and judicial systems as adults.

INTERGENERATIONAL TRAUMA

Parents with a history of high adverse childhood experiences may find their parenting skills unsettled.

STRESS

Isolation, depression and violence at home and more, can trigger stress in parents. Stress affects how parents treat their children and their relationship.

IN WHAT WAYS IS PARENT ENGAGEMENT CENTRAL TO FAMILY RESOURCE PROGRAMS?

Engagement and relationships are key to parents:

- Learning to deal with difficulty
- Appreciating and sharing the good/success times
- Gaining sense of belonging by engaging with their community,
- Strengthening child and family outcomes.

FUNCTION AS A NORMALIZING CONTEXT

Families with low and high situations of difficulty enjoy the same calming effect of a non-judgement environment offered at family resource programs.



PREVENTION OF ADVERSE CHILDHOOD EXPERIENCES

Parenting is a journey, not a situation or skill. Parents and caregivers are motivated to participate in the family resource program because they have a family and not because they have a problem to solve.



TIME

Practitioners offer parents the time they need to develop trust to engage in conversation about family situations.



RELATIONSHIP BUILDING

Relationships of trust between practitioner and parents are the groundwork that enables staff to respond effectively and provide instrumental help to parents.



FOLLOW-UP & RESOLUTION

Practitioners are able to check in with parents about previously discussed sensitive situations and arrive at a solution.



HOW DO PRACTITIONERS STRENGTHEN CHILD AND FAMILY OUTCOMES?

Practitioners consider three points: time, relationship-building, and follow-up and resolution. Intentional prevention practices offer parents the opportunity to learn how to view their own skills and to mobilize resources to deal with challenges. Families are provided opportunities to connect with their community.

ENGAGEMENT AND RELATIONSHIPS MAKE FAMILIES STRONGER

Engagement and relationships are capacity builders in many ways. They contribute to a sense of belonging. Positive parenting skills, healthy attachment and self-regulation in children. Practitioners at programs play a strategic role in prevention and family empowerment.

LONG-TERM IMPACTS IN SOCIETY

HEALTH

- Obesity prevention
- Depression and Anxiety
- Substance use
- Suicide

JUSTICE

- Criminal behaviour
- Violence against women
- Violence against Indigenous people

RESILIENCE

- Inclusion
- Reduction of Inequalities
- Enhancement of social mobility

We acknowledge we are on the unceded traditional territory of the Kwantlen, Katzi and Matsqui Peoples

