



May 11, 2020

Community Connections

Supporting Families Across Scott County

Dear Together WE CAN Community,

On the heels of celebrating Mother's Day, and honoring the caretakers in our lives, it is important to both acknowledge the care we have received, and the care we give.

This e-source focuses on what we know works in preventing child abuse and neglect: the [Strengthening Families Approach](#). It is based on engaging families, programs, and communities in building **five key protective factors**. Below are some tips, tools, and resources you can use to build these protective factors in your home and community.

1. Parental resiliency

Managing stress and functioning well when faced with challenges, adversity and trauma.

- [Self-Care During COVID-19](#): This resource provides a menu of strategies for self-care, each grounded in research that has demonstrated its ability to lift our spirits, calm our anxieties, enable sleep when it feels out of reach, or guide us through a moment of desperation. (TRAILS, University of Michigan School of Medicine)

2. Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support.

- [5 Tips for Staying Connected While Social Distancing](#): This resource provides 5 tips for staying engaged and connecting with others to stay positive and healthy during the Coronavirus pandemic. (Temple Health)

3. Knowledge of parenting and child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

- [What Comes Next: Back to Child Care Following Shelter-in-Place](#): This article provides tips for supporting young children as they return to out-of-home care. (ZERO TO THREE)
- [Coronavirus \(COVID-19\): Helping Kids Get Used to Masks](#): This article provides age-appropriate strategies for talking to children about the importance of wearing a mask, and to prepare for seeing others in their community wearing masks. (KidsHealth)

4. Concrete support in times of need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

- [Open Child Care Providers in Scott County](#): This resource provides a list of care providers currently operating in Minnesota, and can be sorted to show Scott County. Many Scott County providers are

continuing to serve children of emergency workers, essential workers, and all families during this time. (MN Management and Budget)

- [Child Care Aware](#): Child Care Aware offers support and resources to parents, child care providers, and community members with all aspects of child care. We guide and connect families, educate and support providers, inform and partner with our community both locally and statewide. (Child Care Aware, Community Action Partnership of Scott, Carver, and Dakota Counties)

5. Social and emotional competence of children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

- [Helping Children with Big Feelings During COVID-19](#): This article and infographic provides examples of behaviors your children may be exhibiting in order to communicate their own stress, and has tangible strategies for supporting their stress in safe ways. (Zero to Thrive, University of Michigan School of Medicine)
- [Self-Care During COVID-19 for Teens](#): This information packet has suggestions about different ways teens can take care of themselves. (TRAILS, University of Michigan School of Medicine)

*Source: Center for the Study of Social Policy, *Strengthening Families: A Protective Factors Framework*, <https://cssp.org/our-work/project/strengthening-families/>

More ways to join the Together WE CAN movement:

- ✓ Follow us and join in the conversation on Facebook [@TogetherWECANScottCounty](#)
- ✓ Email hwilson@co.scott.mn.us or call (952) 496-8893 to join a monthly workgroup
 - Parental Resiliency
 - Concrete Supports for Mental and Chemical Health
 - Whole Family Systems

We are in this together, and *Together WE CAN* end child abuse and neglect.

Be well,
Heather



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Delivering What Matters: Safe, Healthy & Livable Communities

To report suspected child abuse or neglect, please call: 952-496-8959 during business hours (Monday - Friday 8 AM - 4:30 PM). Reports made after 4:30 PM or on weekends can be made to your local law enforcement.

[National Suicide Prevention Lifeline](#): 800-273-TALK (8255) We can ALL help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

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