



May 4, 2020

## Community Connections

### Supporting Families Across Scott County

Dear Together WE CAN Community,

Dealing with the reality of this unprecedented time looks and feels different for everyone; but, finding joy in life's little moments can benefit us all. Be kind to one another. Be kind to yourself. Seek and share happiness.

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.

- [COVID-19 Parenting - Keep Calm and Manage Stress](#): This infographic provides tips and tools for taking care of yourself so you can care for your children and loved ones. (World Health Organization)
- [COVID-19 Parenting - Family Harmony at Home](#): This infographic discusses whole-family system strategies for managing relationships in close quarters. (World Health Organization)
- [COVID-19 Parenting - When We Get Angry](#): This infographic highlights tangible anger management and prevention strategies. (World Health Organization)

#### 2. Social connections

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

- [Scott County Libraries - At Home Library Events](#): Our local libraries are offering free online and virtual events for children, youth, families, and adults. (Scott County)
- [CONNECT with Others](#): The CONNECT initiative provides social connections by phone between our staff and volunteers and people who may be struggling with social isolation, loneliness, stress, anxiety or worry during the social distancing related to COVID-19. (Mental Health Minnesota)

#### 3. Knowledge of parenting and child development

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

- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#): This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them. (Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services)

#### 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.

- [COVID-19 Parenting - Family Budgeting During Times of Stress](#): This infographic offers tips and strategies for creating and explaining the importance of a family budget during times of financial uncertainties. (World Health Organization)
- [Adjusting to Income Loss](#): Resources to respond to the financial, emotional, and social stressors associated with a loss in income to support for long-term financial security. (University of Minnesota Extension)

#### 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.

- [Using Behavior Activation to Fight the COVID-19 Blues](#): This article offers tips for teens to cope with depression during the COVID-19 pandemic. (New York University, Langone Health)
- [Understanding the Difference Between a Difficult Moment and a Trauma](#): This article helps parents and caregivers determine the difference between a trauma and an adverse life experience, and how best to support their children during COVID-19. (New York University, Langone Health)

\*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](mailto: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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