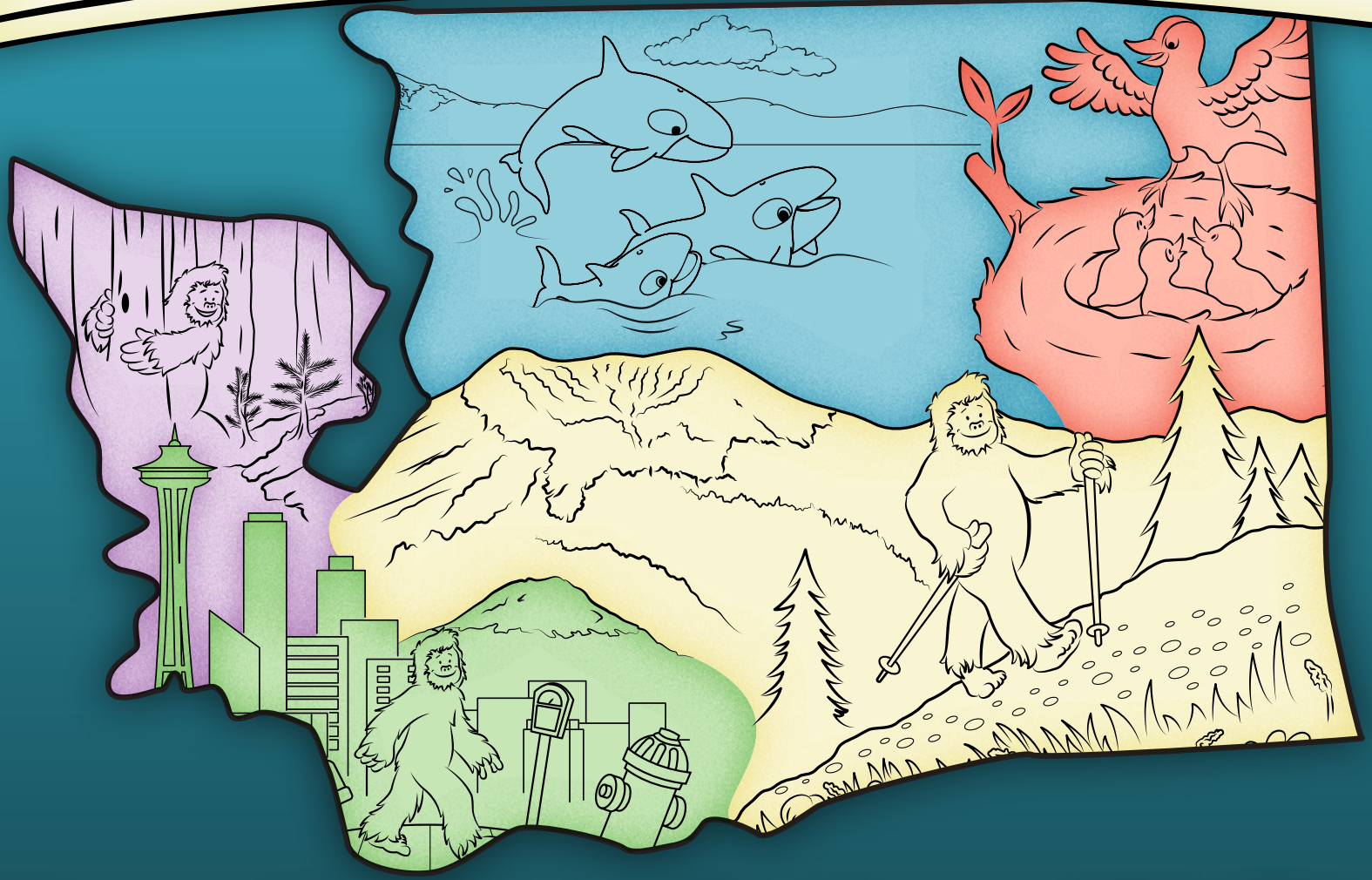
Strengthening Families Washington

COLORING BOOK



Discovering Strengths Across Washington

Strengthening Families Washington (SFWA) is a program at the Department of Children, Youth & Families with a primary focus on helping families become stronger together.

SFWA helps families strengthen their bonds, understand childhood development and cope with the challenge of parenting through building the five Protective Factors that are known to help reduce child abuse and neglect. By reaching out to parents and surrounding them with support, we can help strengthen families which helps protect children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

Every act that builds protective factors in families is an act of prevention. This can include a parent spending quality time invested in their child, a child care provider providing resources or connection to other families or a neighbor providing a meal to a family so they can reduce stress and enjoy each other.

If you are interested in learning more or would like to partner with Strengthening Families Washington, please email **strengtheningfamilies@dcyf.wa.gov**.

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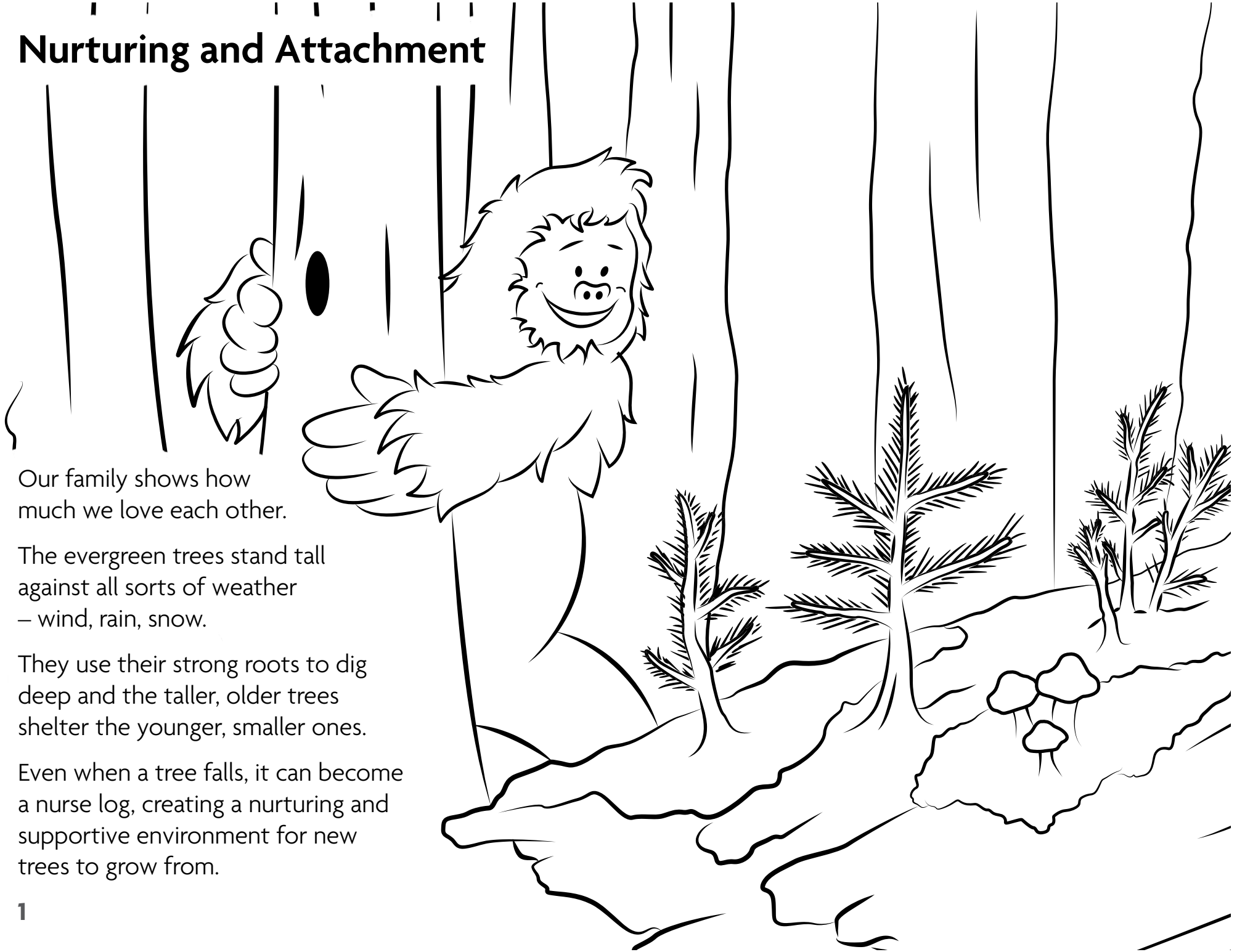
Nurturing and Attachment



Our family shows how much we love each other.

The evergreen trees stand tall against all sorts of weather – wind, rain, snow.

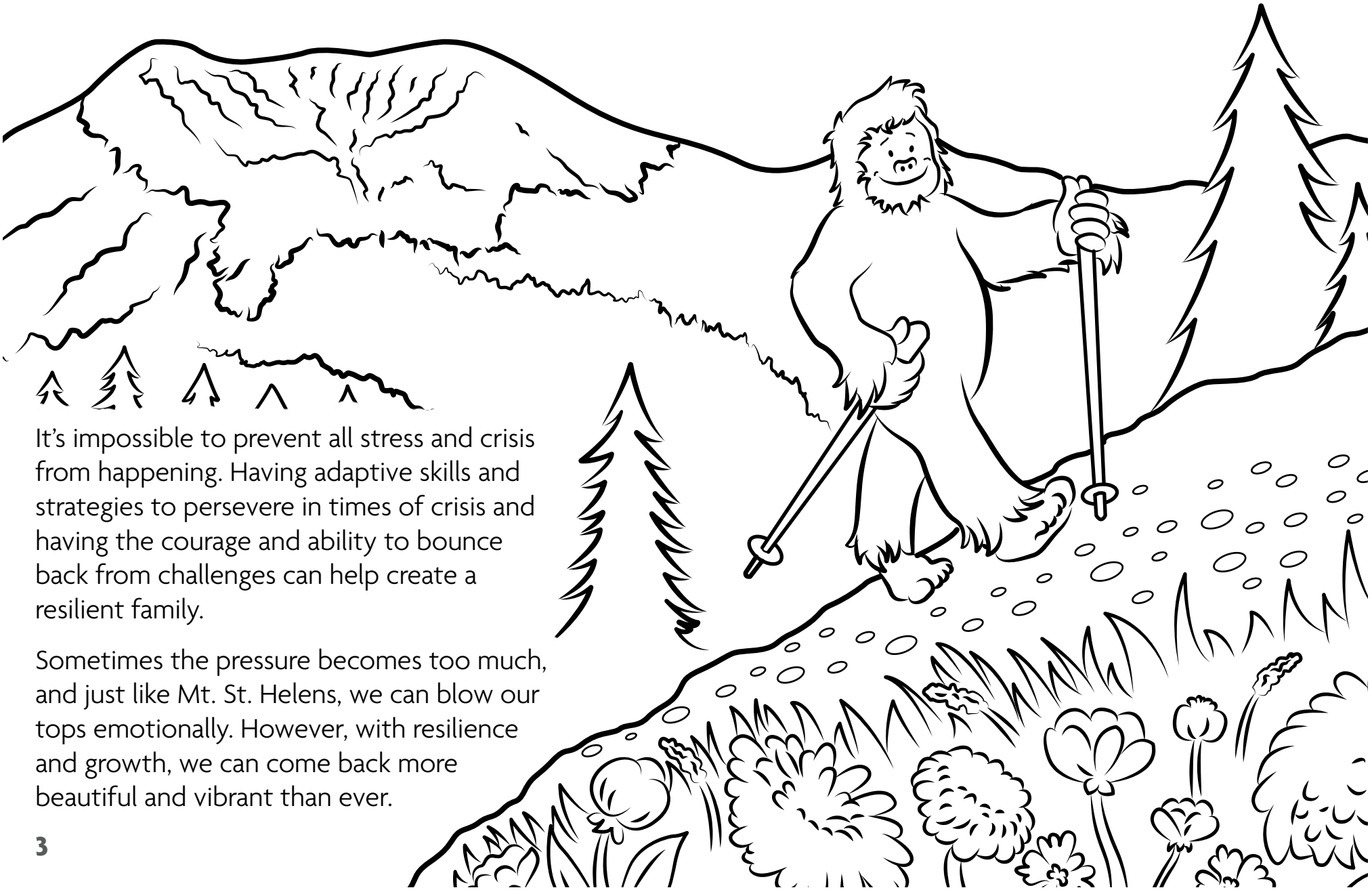
They use their strong roots to dig deep and the taller, older trees shelter the younger, smaller ones.

Even when a tree falls, it can become a nurse log, creating a nurturing and supportive environment for new trees to grow from.

Draw a picture of your family doing a fun activity together.

Parent Action: *take time to connect with your family – a hug, smiles, songs, dancing or listening and talking. Find ways throughout the day to engage while doing daily tasks, talk about what you are doing, ask questions or play simple games like I spy.*

Parental Resilience



It's impossible to prevent all stress and crisis from happening. Having adaptive skills and strategies to persevere in times of crisis and having the courage and ability to bounce back from challenges can help create a resilient family.

Sometimes the pressure becomes too much, and just like Mt. St. Helens, we can blow our tops emotionally. However, with resilience and growth, we can come back more beautiful and vibrant than ever.

What's a time your parent showed how strong they were when they faced a difficult situation?

Draw them as a super hero or a strong character of your choice.

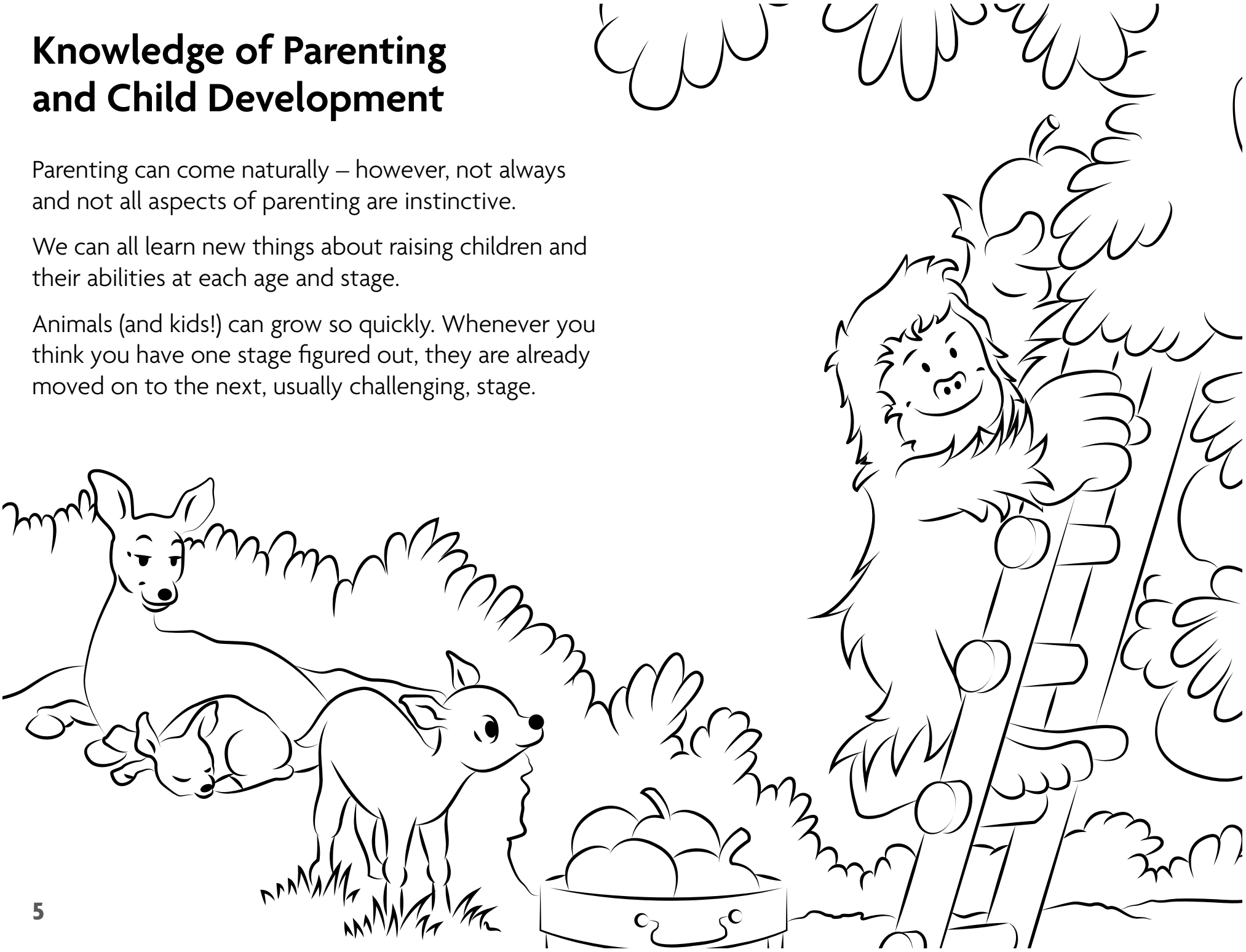
Parent Action: *Take time to re-energize. Practice self-care daily – there are many ways to care for yourself – do something you enjoy, singing, drinking a cup of coffee or tea, physical exercise, read a book or breathe. And take time to talk to someone that you trust.*

Knowledge of Parenting and Child Development

Parenting can come naturally – however, not always and not all aspects of parenting are instinctive.

We can all learn new things about raising children and their abilities at each age and stage.

Animals (and kids!) can grow so quickly. Whenever you think you have one stage figured out, they are already moved on to the next, usually challenging, stage.

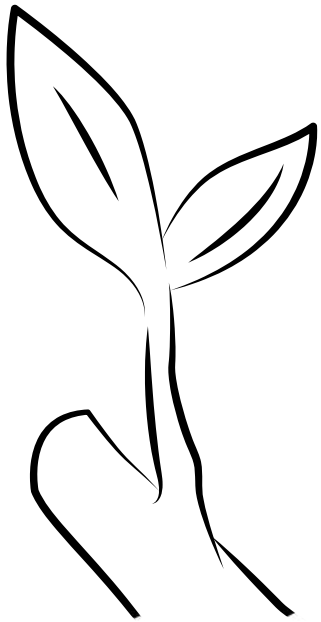


How does your parent take care of you?

Draw an example of a time your parent showed you how much they love you.

Parent Action: *Ask questions – to your family doctor, your child's teacher or family and friends. Take a parenting class or research on your own – at the library, online newsletters or websites about child development.*

Social and Emotional Competence of Children



Every child will express themselves in their own particular way – they each have an individual temperament and curiosity toward the world. Look at those baby birds communicating to their parent!

Parents can help children thrive by supporting their ability to communicate feelings and understand their emotions. Communication can come in various forms, for example the baby birds are all communicating to their parent differently.

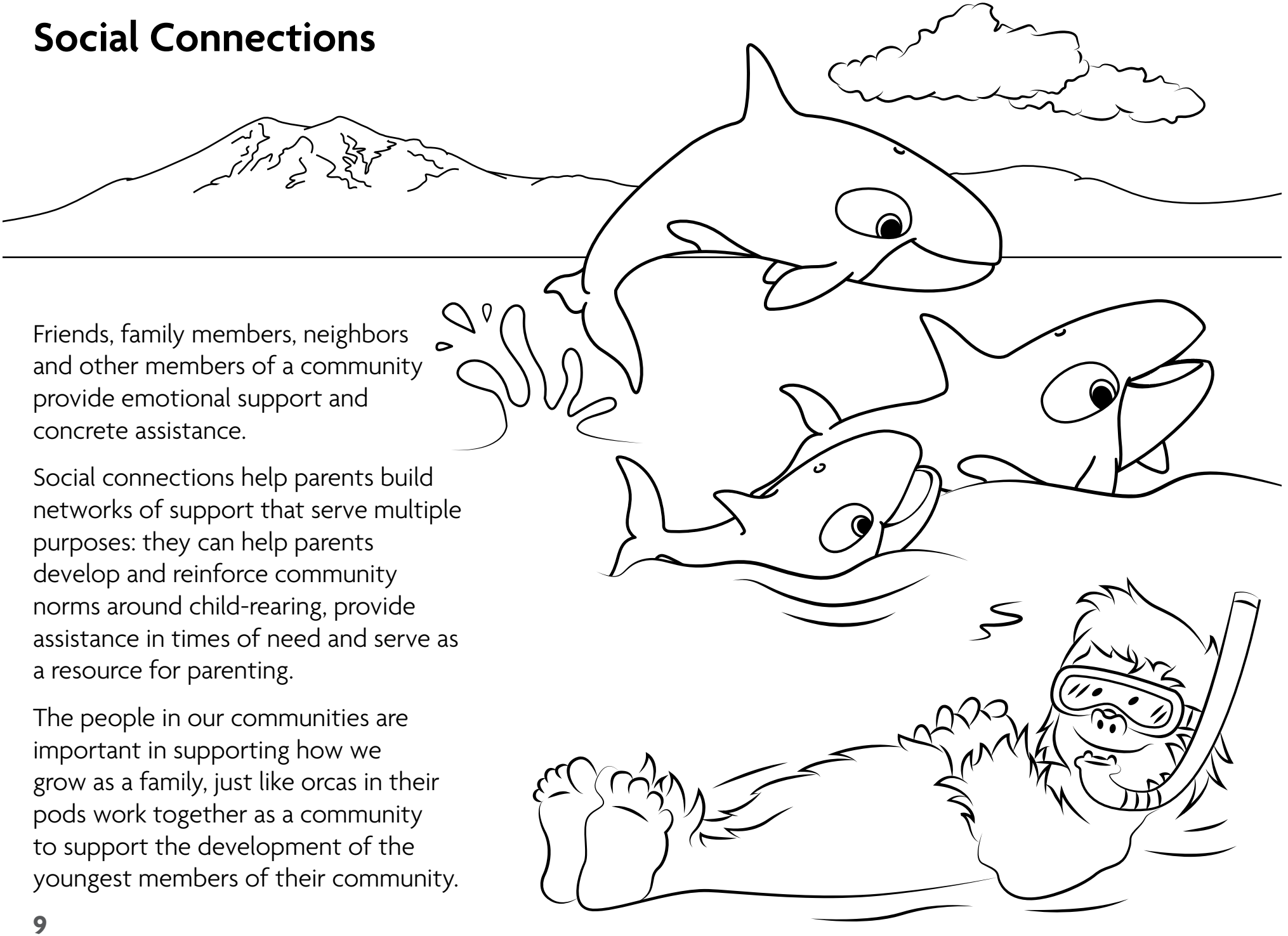
Children know that they are loved, feel they belong and are able to get along with others.

How does your parent or important adult make you feel?

Draw how you think they see you.

Parent Action: *Provide regular routines, especially for young children. Talk with your children about how important feelings are.*

Social Connections



Friends, family members, neighbors and other members of a community provide emotional support and concrete assistance.

Social connections help parents build networks of support that serve multiple purposes: they can help parents develop and reinforce community norms around child-rearing, provide assistance in times of need and serve as a resource for parenting.

The people in our communities are important in supporting how we grow as a family, just like orcas in their pods work together as a community to support the development of the youngest members of their community.

Who's your circle of support? Draw a picture of your favorite people.

Parent Action: *Participate in a neighborhood group, a church/temple/mosque group or a playgroup – anything that welcomes and supports parents.*

Concrete Support in Times of Need

Parents need a strong support system to stand tall and succeed – these concrete supports can be family members, friends, neighbors or coworkers.

It can also look like access to tangible goods and services to help families cope with stress – especially during times of crisis or intensified need. Knowing where to find day to day needs – including housing, food, health care, education and counseling.

The towering concrete jungle skyline of Seattle is a familiar landscape to many, just like the resources in your community can be familiar and recognized by you and your family.

Think of how important the essentials are to your family.

Pick what you think is the most important and draw a picture of it.

Parent Action: *Make a list of people or places to call for support.*

The Washington State Department of Children, Youth & Families
Strengthening Families Washington Program

www.dcyf.wa.gov/services/child-development-supports/sfwa

This project is funded with a combination of federal funds from the Community Based Child Abuse Prevention Funding and the Children's Trust Fund of Washington State.

*If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, **ConstRelations@dcyf.wa.gov**).*

DCYF PUBLICATION FS_0026 (02-2020)

Washington State Department of
CHILDREN, YOUTH & FAMILIES