

**Part Two- Understanding the Strengthening Families Protective Factors
Participant Worksheet for Online Training**

*(Fill in response blanks on questions 1-5
before viewing & listening to the Power Point Online segments)*

1. Why do you think Parental Resilience is important?

Your response: _____

Jot down new concepts from presentation:

2. Why do you think Social Connections are important?

Your response: _____

Jot down new concepts from presentation:

3. Why do you think Knowledge of Parenting & Child Development is important?

Your response: _____

Jot down new concepts from presentation:

4. Why do you think Concrete Support in Times of Need is important?

Your response: _____

Jot down new concepts from presentation:

3. Why do you think Social & Emotional Competence of Children is important?

Your response: _____

Jot down new concepts from presentation:

6. Review Handout 2.1.a Parental Resilience. Review the bullet points under "Questions to Ask" & "Activities to do with Parents."

List one question or activity that you already use consistently in your work:

List one question or activity that you can add to your daily practice, or use more consistently:

7. Review Handout 2.1.b Social Connections. Review the bullet points under “Questions to Ask” & “Activities to do with Parents.”

List one question or activity that you already use consistently in your work:

List one question or activity that you can add to your daily practice, or use more consistently:

8. Review Handout 2.1.c Knowledge of Parenting & Child Development. Review the bullet points under “Questions to Ask” & “Activities to do with Parents.”

List one question or activity that you already use consistently in your work:

List one question or activity that you can add to your daily practice, or use more consistently:

9. Review Handout 2.1.d Concrete Support in Times of Need. Review the bullet points under “Questions to Ask” & “Activities to do with Parents.”

List one question or activity that you already use consistently in your work:

List one question or activity that you can add to your daily practice, or use more consistently:

10. Review Handout 2.1.e Social & Emotional Competence of children. Review the bullet points under “Questions to Ask” & “Activities to do with Parents.”

List one question or activity that you already use consistently in your work:

List one question or activity that you can add to your daily practice, or use more consistently:

11. Plan for your own self-care as a child welfare worker - you deserve it! Review Handout 2.5 “Taking Care of Yourself” Choosing from the bullet point suggestions, make a pledge to practice at least two self-care strategies in the coming week. Share with a coworker, family member or friend to hold yourself to your pledge:

(Example: “I will do something that helps me to relax, feel calm and take my mind off of the stress I am experiencing.”)

1. “I will _____
_____.”

2. “I will _____
_____.”

Free resources, trainings and implementation tools can be easily accessed at
www.strengtheningfamilieswv.org