

Knowledge of Parenting and Child Development

The Value of Knowledge of Parenting and Child Development

Strengthen parenting – Provide guidance, role modeling and information on parent and child development, including special support around children’s challenging behaviors.

Parents who have some knowledge of basic child development are likely to have more realistic expectations of their children. With that knowledge, parents are better able to provide an appropriate amount of nurturing, supervision and guidance. When parents understand their roles in their children’s lives and learn about specific parenting techniques and strategies, they can form positive relationships with their children and have options for appropriate responses to typical child behaviors.

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies
- 3 Provide information and resources on parenting and child development
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

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A PROTECTIVE FACTORS FRAMEWORK

Everyday Actions that Help Build Knowledge of Parenting and Child Development

Concrete Examples of Everyday Actions

- 1 Model developmentally appropriate interactions with children
- 2 Provide opportunities to try out new parenting strategies

What do you do with your child to promote/model healthy development at this stage in his/her life?

- Family-style meals
- Healthy eating
- Playgroups/playdates
- Create an environment for open conversation
- Learning enhancement (sports, dance, music)
- Use teachable moments
- Inform myself of age-appropriate expectations
- Read

“We are committed to having family-style dinners and using language that encourages kindness.”

“I let my child help me with household chores. He loves to stir, scoop and mold food in the kitchen, as well as help with cleanup. This gives us an opportunity to talk about healthy food, bond and take pride in the meal we will eat together. It also helps him develop a passion for a life skill he will need to be a successful adult.”

“I spend one-on-one quality time with each of my children.”

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)

- 3 Provide information and resources on parenting and child development

Where do you go for help with parenting issues or to get information on child development?

- Friends and family
- Social media/Internet
- Child care teacher or director
- Nonprofits
- Local colleges or universities (child development instructors and programs)
- State department of health/social services
- Pediatrician
- Schools
- Faith community
- Pharmacist

“Sometimes I will post things on social media to see if other parents relate and have feedback. This helps me feel I am not alone and have options to discuss these things if I choose.”

“A local nonprofit helped identify tasks I was naturally doing that benefited my child’s development. When I had a concern or questioned my parenting, they were able to guide me and reinforce my decisions. This was crucial during my early days of parenting.”

“My child’s school has connected me with a network of parents I consistently turn to when I need advice – as our children have grown together.”

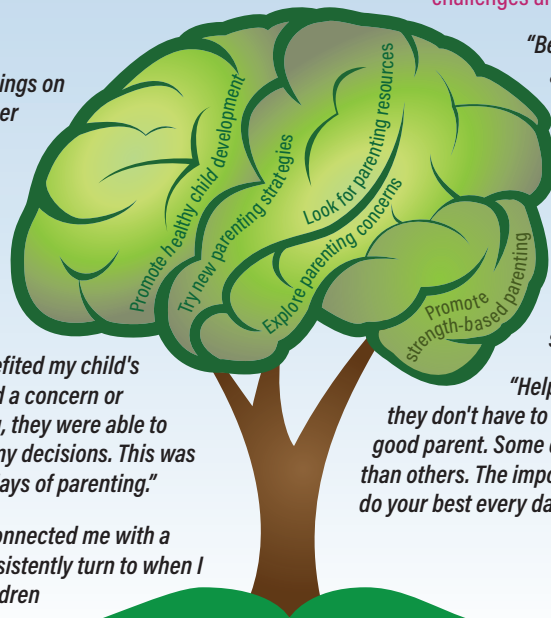
- 4 Encourage exploration of parenting issues or concerns
- 5 Address parenting issues from a strength-based perspective

How can you help other parents recognize their strengths so they can build upon them?

- Share your personal story
- Point out that the resources are available for everyone – that includes YOU!!
- Point out the things parents are already doing well – what is strong, not what is wrong!
- Be there – walk through challenging situations with your parent friends; acknowledge similar challenges and actions

“Be willing to ask advice from parents you notice doing a great job. It’s important to share the spotlight with parents when they are successful.”

“Help parents realize they don’t have to be perfect to be a good parent. Some days are better than others. The important thing is to do your best every day.”



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need2know

Resource from the ANPPC

Knowledge of Parenting and Child Development within the Framework

Knowledge of Parenting and Child Development is one of the five protective factors. Each of the protective factors is essential but most important is what they do together to build strength and stability in families.

Knowledge of Parenting and Child Development might come in the form of relatable advice from peers experiencing the same ages and stages of children (Social Connections). It could show up when a parent is helping a child understand their responsibilities or role in everyday moments (Parental Resilience). It may even be when a parent helps a child process their big emotions or how they are feeling during significant moments (Social and Emotional Competence of Children).

The Protective Factors work together to help make your family strong!

Parents Help Define Knowledge of Parenting and Child Development

Many parent groups have defined the protective factors in ways that are relatable for their community and their lives. These ideas help us appreciate and honor family strengths in diverse geographical and cultural settings from across the country. Here are some ways parents have defined this protective factor – **Knowledge of Parenting and Child Development** – in ways that are meaningful for them.

Colorado Department of Human Services – Children's Trust Fund

Grow your knowledge of parenting and child development. There is no perfect parent, but know what to expect does make the job easier.

Michigan Great Start Collaborative (Charlevoix, Emmet and Northern Antrim Counties)

Learn to be your child's expert. Being a parent is part natural and part learned. Parent education makes your family strong.

New Hampshire Children's Trust

I know what my child needs as she grows and develops.

Prevent Child Abuse Arizona – Strengthening Families Arizona

Parents are a child's first and best teachers. When parents know how children grow and learn and use good parenting strategies, they can help their kids reach their full potential.

Alaska Child Welfare Academy

Learn more so that you can parent better.

Hawaii Child and Family Services – The Parent Line

I know my child best. I know my child is developing to their potential.

Community Café Collaborative

I am attuned or responsive to what my child needs so she/he has the freedom to grow and develop.

Wisconsin Child Abuse and Neglect Prevention Board – Five For Families (fiveforfamilies.org)

Parenting As Children Grow – Learning how to support your child's growth at every age and stage.

Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

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.

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