

strengthening families

I L L I N O I S

RECOGNIZING AND RESPONDING TO SIGNS OF FAMILY STRESS

TRAINING SESSION FOR EARLY CHILDHOOD AND CHILD WELFARE STAFF

Half-day session

Responding to signs of child abuse and neglect is crucial. Research now allows us to start earlier than ever to keep children safe and families strong. By recognizing and responding to early signs of stress, early childhood and child welfare staff can help families get the kind of support that helps prevent abuse and neglect. This training helps participants get in touch with their own stress, recognize early signs of family stress, and understand the connection between stress and inappropriate behaviors. Strategies to manage stress are also explored.

PURPOSE

1. Understand the relationship between stress and potentially harmful parenting behaviors.
2. Recognize early signs of stress in children and families.
3. Learn techniques to support families and help them manage the every day stress and strain of life.

OBJECTIVES

At this training, participants will:

1. Explore the important role of early care and education programs in recognizing and responding to signs of family stress.
2. Gain insight into the relationship between stress and child abuse and neglect.

TRAINING MODALITIES

- Large-group discussion
- Small-group discussion
- Brainstorming
- Experiential exercises to help reduce stress

For more information, please contact the Midwest Learning Center for Family Support using the information at right.

This and other sessions are provided by the Midwest Learning Center for Family Support, Family Focus, Inc., one of more than forty partners in Strengthening Families Illinois. For more information or to arrange training for your staff, please contact:

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