



NATIONAL CENTER ON
Parent, Family and Community Engagement



Session 3
Partnering with Parents
to Prevent and Respond
to Domestic Violence

Webinar Series

1. Introduction to Addressing Domestic Violence in Head Start programs
2. Supporting Healing for Families Who Have Experienced Domestic Violence
- 3. Partnering with Parents to Prevent and Respond to Domestic Violence**
4. Partnering with Parents Who Have Used Violence in Intimate Relationships
5. Building Collaborative Relationships with Community Partners

National Center on Parent, Family, and Community Engagement

Presenters



Virginia Duplessis
Futures Without Violence

National Center on Parent, Family, and Community Engagement

Learning Objectives

- Use the *Families Thrive, Zero to Five* safety card to promote healthy and safe relationships with all families.
- Use the *Families Thrive, Zero to Five* safety card to support parents experiencing domestic violence, with a focus on safety and empowerment.

National Center on Parent, Family, and Community Engagement

What You Will Need for This Session

- A copy of the Families Thrive, Zero to Five safety card
- A copy of Implementing Universal Education Strategies on Domestic Violence in Head Start Programs
- A copy of Tips for Responding to Disclosures
- Pen and paper for journaling exercises

National Center on Parent, Family, and Community Engagement

Head Start Programs Play a Vital Role!

This approach is about...

- ✓ Strengthening the work you are already doing
- ✓ Prioritizing prevention
- ✓ Amplifying pro-social messages

This approach is not about...

- ≠ Adding more time or effort to your work
- ≠ Screening for domestic violence
- ≠ Trying to identify victims

National Center on Parent, Family, and Community Engagement

New Resource



National Center on Parent, Family, and Community Engagement

CUES Intervention

- C** **Confidentiality.** Discuss limits to confidentiality and speak with parent alone.
-
- UE** **Universal Education and Empowerment.** Provide universal education about healthy relationships and how to help a friend.
-
- S** **Support.**
- If domestic violence is disclosed:
- Offer harm reduction strategies
 - Make a warm referral to advocacy services
- If domestic violence is not disclosed:
- Provide information about resources

National Center on Parent, Family, and Community Engagement

Creating a Safe Space

To build trust and promote safety of families:

- Find a private place to talk with parents alone.
- Display highly visible educational posters on healthy relationships, domestic violence, etc.
- Have information including domestic violence hotline numbers, safety cards, and resources on display in common and private areas.
- Ensure that intake/enrollment forms acknowledge domestic violence.



National Center on Parent, Family, and Community Engagement

CUES Intervention



C

Confidentiality. Discuss limits to confidentiality and speak with parent alone.

UE

Universal Education and Empowerment. Provide universal education about healthy relationships and how to help a friend.

S

Support.

If domestic violence is disclosed:

- Offer harm reduction strategies
- Make a warm referral to advocacy services

If domestic violence is not disclosed:

- Provide information about resources

National Center on Parent, Family, and Community Engagement

Understand Your Reporting Obligations

- Learn your state laws and reporting policies regarding domestic violence
 - What are local considerations?
 - Where can parents go for confidential services?
- Connect with your local domestic violence program for training & technical assistance



National Center on Parent, Family, and Community Engagement

Safety, Confidentiality & Mandatory Reporting

Always review the limits of confidentiality:

On your forms

- Verbally. Check for understanding!
- On posters & other materials



National Center on Parent, Family, and Community Engagement

CUES Intervention

C Confidentiality. Discuss limits to confidentiality and speak with parent alone.



UE Universal Education and Empowerment. Provide universal education about healthy relationships and how to help a friend.

S Support.

If domestic violence is disclosed:

- Offer harm reduction strategies
- Make a warm referral to advocacy services

If domestic violence is not disclosed:

- Provide information about resources

National Center on Parent, Family, and Community Engagement

Universal Education

- Normalized conversation
- Universal intervention

Sample Script: “We’ve started giving this card to all our parents so they know how to get help for themselves or so they can help others.”



National Center on Parent, Family, and Community Engagement

Making the Connection

- Provides an opportunity for parents to make the connection between violence, parenting, and child development.
- Gives an opportunity to talk about healthy relationships and how violence can affect their well-being.



National Center on Parent, Family, and Community Engagement

Healthy Relationships

Good Days

Everyone deserves to have partners who respect and listen to them. Ask yourself, do you feel:

- Safe and supported
- Treated with kindness that makes you feel loved
- Supported in your parenting/caregiving of your child
- You can take space when you need it

Everyone deserves to be cared for and respected in their relationships. Healthy relationships are good for parents and help children grow to be healthy and happy.

National Center on Parent, Family, and Community Engagement

Framing the Card for Friends and Family

- Always give two cards
- Use a frame for helping others
- Encourage parents to share cards with friends and family
- Ensure the information on the card is empowering



National Center on Parent, Family, and Community Engagement

Healthy Relationships

Helping a Friend

Everyone feels helpless at times, or like nothing they do is right.

This can be a bigger problem if you have a partner who is unsupportive or unsafe. Connecting with other parents, friends or family might help you feel less alone.

You can also make a difference by helping others who may be feeling the same way, and letting them know they are not alone: "Hey, I've been there too. Someone gave me this card and it helped give me ideas on places to go to get support and be safer."

Research shows that when we help others, we see the good in ourselves, too.

National Center on Parent, Family, and Community Engagement

Journaling exercise

- What everyday interactions can you introduce the card?
- Write a short script for yourself to QUICKLY introduce the card
- Jot down any questions you would need answered before incorporating the card into your work.

National Center on Parent, Family, and Community Engagement

CUES Intervention

C **Confidentiality.** Discuss limits to confidentiality and speak with parent alone.

UE **Universal Education and Empowerment.** Provide universal education about healthy relationships and how to help a friend.



S **Support.**

If domestic violence is disclosed:

- Offer harm reduction strategies
- Make a warm referral to advocacy services

If domestic violence is not disclosed:

- Provide information about resources

National Center on Parent, Family, and Community Engagement

Brené Brown on Empathy: Video



<https://www.youtube.com/watch?v=1Ewvgu369Jw&t=12s>

National Center on Parent, Family, and Community Engagement

Self-Reflection

- Recall a time when someone supported you empathetically during a difficult time.
- Reflect: What about their support was helpful?



National Center on Parent, Family, and Community Engagement

Pivoting to Parenting Concerns

- Parents may not know that violence can have an impact on their parenting and child's well-being.
- Make the connection so the conversation does not seem "out of left field."



National Center on Parent, Family, and Community Engagement

Domestic Violence and Parenting Support

How is Your Child Doing?

Young children and even babies can feel stressed when they live in homes where there is a lot of fighting. Sometimes children may:

- Have trouble sleeping, nursing or eating
- Behave aggressively in their play or with other children
- Seem withdrawn or have more worries
- Feel frustrated and cry more easily
- Feel a lot of pains like headaches and stomachaches

Things can get better. You and other adults can help turn things around.

Helping Children

There are simple things you can do to help support your child to heal and grow:

- Let them know that whatever is happening is not their fault
- Have fun with them and show them they are special
- Show and tell them that you love them
- Calm voices, calm hands, hugs and cuddling helps them
- Celebrate one positive thing you do with your child every day

National Center on Parent, Family, and Community Engagement

Unhealthy Relationships

Are There Times When a Partner:

- Hurts me or makes me feel afraid for myself or my child?
- Puts me down, insults, or embarrasses me?
- Controls where I go, who I see and how I spend my money?
- Tells me I am a bad parent and threatens to take away my children?

If you experience these things, it's not your fault and it's not ok to be treated this way. There are people and programs that can help.

Difficult Childhood

Many adults (about 1 in 4) grew up in homes where there was abuse or other problems when they were children, like:

- Someone hurting them
- Seeing a parent or caregiver being hurt
- Drug or alcohol misuse at home

These experiences—even if they happened a long time ago—can affect your health, your relationships and how you parent. But, even when we've had hard experiences, there is hope. There are things that can help and make us stronger.

National Center on Parent, Family, and Community Engagement

Support

Remember:

- Disclosure is not the goal.
- Disclosures happen!



National Center on Parent, Family, and Community Engagement

What Now?

- Thank the parent for sharing with you
- Validate that domestic violence is an issue that you can help with
- Let them know you will support them without judgment
- Ask parent/caregiver if they have immediate safety concerns
- Refer to an advocate for safety planning and additional support
- Schedule a follow-up



Your recognition and validation of the situation makes a BIG difference.

National Center on Parent, Family, and Community Engagement

Resources

Safety Planning
Finding strategies to keep yourself and your child safe depends on your unique circumstances. If your safety is at risk:

- Remember what you have done in the past that has worked to keep you safe
- Place the baby or child out of the way so they can be safe
- Create a list of helpful people in case of an emergency (e.g. faith leader, friend, family, police)
- Prepare an emergency kit in case you have to leave in a hurry. Include money, hotline numbers, phone charger, keys, medicines, a change of clothes and important documents (birth certificates & shot records) in your kit.

The numbers on the back of this card can help you think through your next steps.

Resources
National confidential hotlines can connect you to your local resources and provide support. For free help 24 hours a day, call:

National Domestic Violence Hotline: 1-800-799-Safe (1-800-799-7233) TTY 1-800-787-3224	Substance Abuse and Mental Health National Helpline: 1-800-662-4HELP (5347) If you have concerns about parenting or need support, call: Childhelp National Child Abuse Helpline: 1-800-4-A-Child (1-800-422-4453)
--	--

StrongHearts Native Helpline:
1-844-762-8483

National Suicide Prevention Lifeline:
1-800-273-8255

National Center on Parent, Family, and Community Engagement

Journaling Exercise

- A parent discloses domestic violence: “Sometimes I am afraid of my partner.”
- Use the *Tips for Responding to Disclosures* to consider your next steps
- Where can you get more information on how to respond to disclosures?

National Center on Parent, Family, and Community Engagement

Supporting a Parent When You Need to Make a Report

- Include the parent in every step of reporting process.
- Do not force the parent to provide any information or details they do not feel safe sharing.
- Assess for immediate danger and any safety concerns that could be caused by making the report.
- Provide a Families Thrive, Zero to Five safety card.
- Offer to let them use a program phone, computer, or meet with an domestic violence advocate at your program for support and safety planning.
- Follow up the next time you see them.



National Center on Parent, Family, and Community Engagement

Wrap Up

- Implementing a universal education approach in your program is an effective way of ensuring all parents have access to information about healthy relationships and resources.
- The *Families Thrive Zero to Five* safety card is a tool developed specifically for Head Start and Early Head Start programs



National Center on Parent, Family, and Community Engagement

Resources About Domestic Violence



Preventing and Responding to Domestic Violence

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/preventing-responding-domestic-violence>

National Center on Parent, Family, and Community Engagement

