



 **NATIONAL CENTER ON**  
Parent, Family and Community Engagement

**FUTURES**  
WITHOUT VIOLENCE

## Session 2

# Supporting Healing for Families Who Have Experienced 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

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## Presenters



**Mie Fukuda**  
Futures Without Violence

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## Learning Objectives

**By the end of this session participants will be better able to:**

- Identify daily practices that support positive family relationships and promote children's healing
- Describe family centered approaches that support holistic healing in children
- Prioritizing safety as a key component for supporting families experiencing domestic violence

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## What You Will Need for This Session

- Pen and paper for journaling and idea generation activity.

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## Journaling Exercise

- Recall a time in your childhood when an adult supported you to feel safe, empowered, or inspired?
- What did they do specifically to make you feel good about yourself?



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# Resilience

*“The human capacity to face, overcome,  
and be strengthened by adversity.”*

- Ann Brickson, Wisconsin Coalition Against Domestic  
Violence

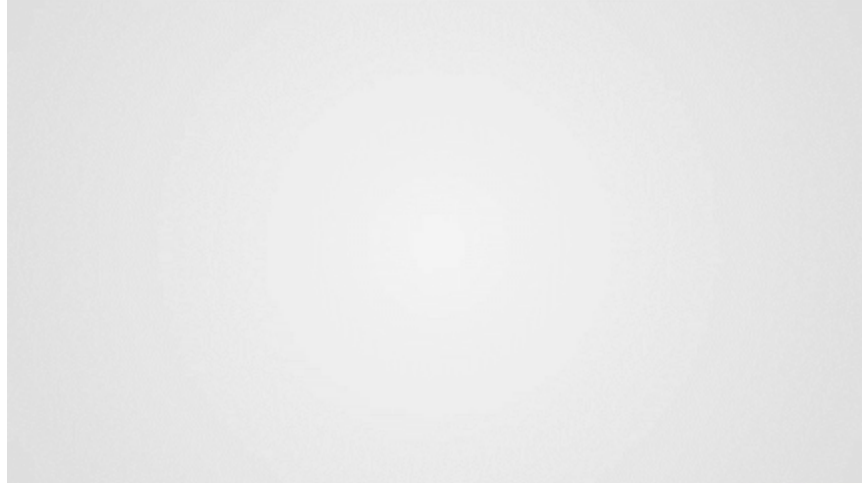


# Healing is Possible!



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## Resilience Scale: Tipping the Scales Towards Positive Outcomes (Video)



FrameWorks Institute, Alberta Family Wellness Initiative

<https://bit.ly/2S3KMJa>

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## Protective Factors Are...

**Individual and relational attributes as well as environmental and social conditions that help to:**

- Reduce the impact of domestic violence risk factors
- Build individual strengths
- Promote healthy development
- Establish environments that support the safety, healing, and well-being of parents and children experiencing domestic violence.

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## Why Focus on Strengths/Resiliency?

- Protective factors have stronger influence than specific risk factors or stressful life events.
- Protective factors remain consistent across different ethnic, social class, geographical and historical boundaries.



**Focusing on Strengths Works!**

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## Caring and Consistent Adults Help Heal

One of the biggest predictors of a child's ability to be resilient in the face of trauma is having a caring and consistent adult in their life.



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# Strategies for Families and Caring Adults



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# Five Gestures that Promote Healing



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## Idea Generation Activity

Take a minute to write down examples of each of the gestures– things you could say, things you could do to:

1. Comfort
2. Listen
3. Inspire
4. Collaborate
5. Celebrate

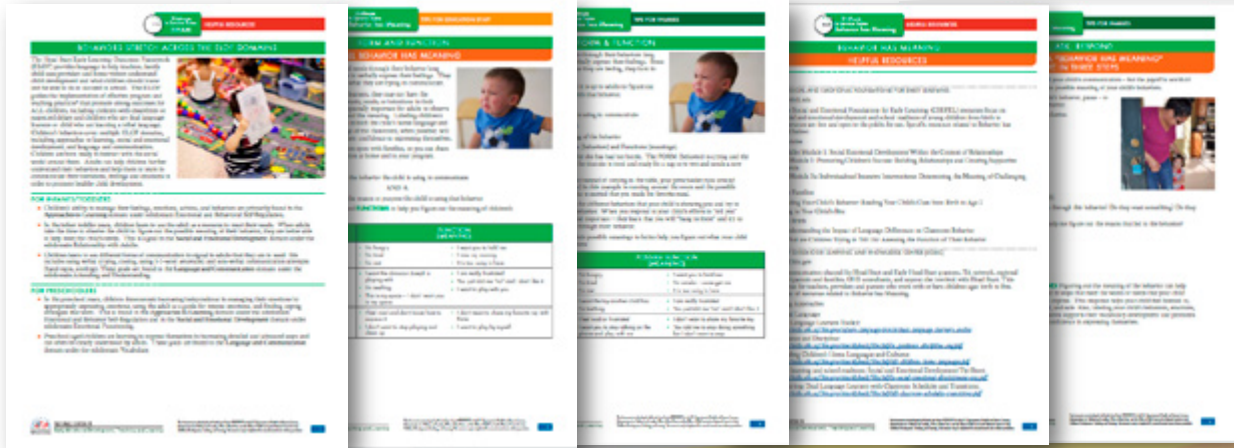
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## 12 Ways Parents Can Help Young Children Who Have Experienced Domestic Violence Heal



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# Behavior Has Meaning: Resources



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## Additional Considerations

- Stress is part of the human experience! Not all stress is bad.
- Almost all children experience some short-term stress after exposure to violence.
- Some children may experience longer term distress and may need a warm referral to a trauma trained counselor/clinician.
- Explore additional services/assessments in partnerships with the child's family.



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## Mindfulness Strategies for Families

### Mindfulness Calms the Brain

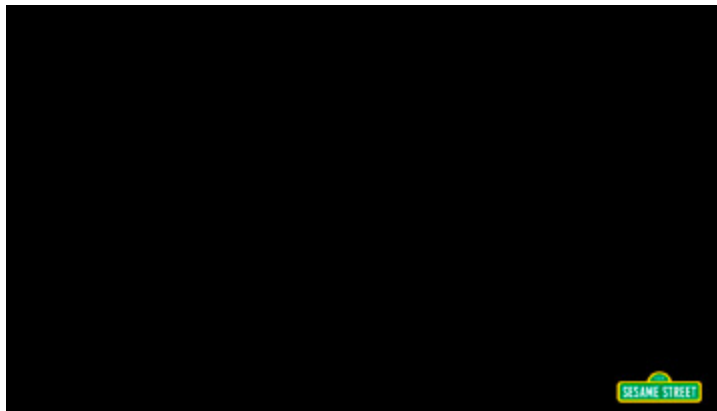
- **Morning.** Take deep breaths together before rushing out the door.
- **Commute in Car, Bus, Subway.** Practice relaxing parts of your bodies together that may feel stiff such as shoulders and jaw.
- **Bedtime.** Put a stuffed animal on your child's belly and have him feel it move up & down as she/he breathes.



(Rodgers, 2014)

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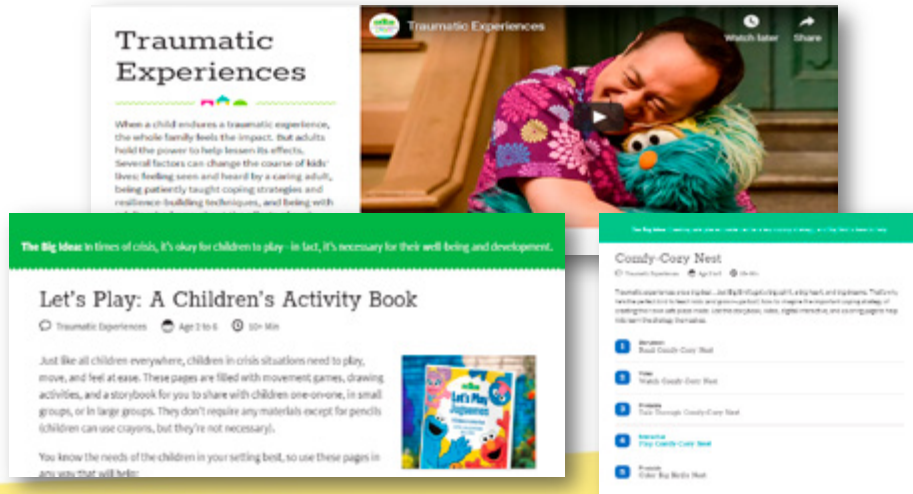
## Big Bird's Comfy-Cozy Nest Video



<https://bit.ly/2yvZ00p>

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# Resources and Tools



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# Wrap Up

- Domestic Violence is prevalent in the lives of the families we partner with.
- Not all people are impacted equally. Healing is possible.
- Loving, nurturing and consistent adults can help support healing and resiliency for children.



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# 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>

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THANK YOU

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Session 1: Introduction to Addressing Domestic Violence  
in Head Start Programs

