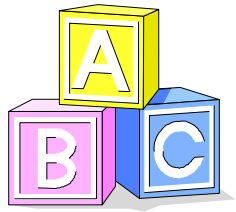


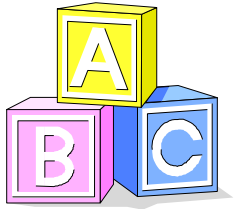
Developing parents' resilience

Midlothian Sure Start (MSS)



Outline

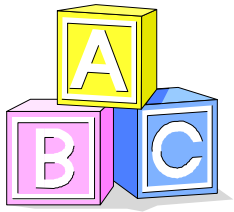
- Introduction to use of Resilience model at MSS
- Wendy Bruce, Chair of MSS (parents perspective)
- Introduction to MSS Empowering Families Project
- Jennifer Martin, Chair, Midlothian Parent Carers support group (links to Empowering Families Project)



Promoting Resilience

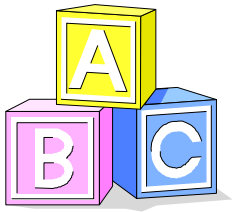
1. A secure base, whereby the child feels a sense of belonging and security
2. Good self-esteem, that is an internal sense of worth and competence
3. A sense of self-efficacy, that is, a sense of mastery and control, along with an accurate understanding of personal strengths and limitations.

Gilligan, 1997



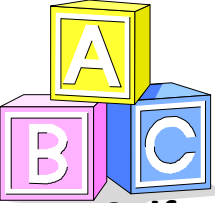
Application of these resilience principles to parents/work we do in the organisation

- Sense of security:
 - Support with relationships
 - Social support networks
- Self-esteem:
 - Sense of worth
 - Opportunity to take part in activities
- Self-efficacy:
 - Problem-focused coping
 - Emotion-focused coping



I have, I am, I can

We have found Edith Grotberg's I have, I am, I can model to be a really helpful tool for helping practitioners to think about and identify resilience factors.



Self Esteem

I am..... Someone who is confident

Services include:

Counselling

Capacity building

Confidence courses

Resilience workshops for kincarers

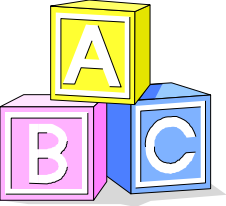
Parenting support/courses

Peer support

Learning through play

Social networks





Secure base

I have ---People who keep me safe and nurture me

Services include:

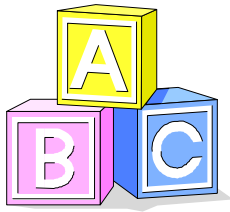
I am helped to settle into the playroom

Baby massage

PEEP

Babies Rolling on – our early attachment programme





Self Efficacy

I can--Provide a safe happy environment

Services include:

Get support from MSS when I need it

Do my job competently -staff

Fundraise/Join Board

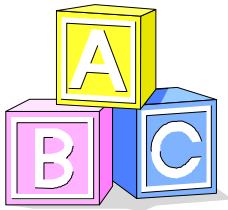
Helped to acquire new skills/capacity building

Wish programme/CBT



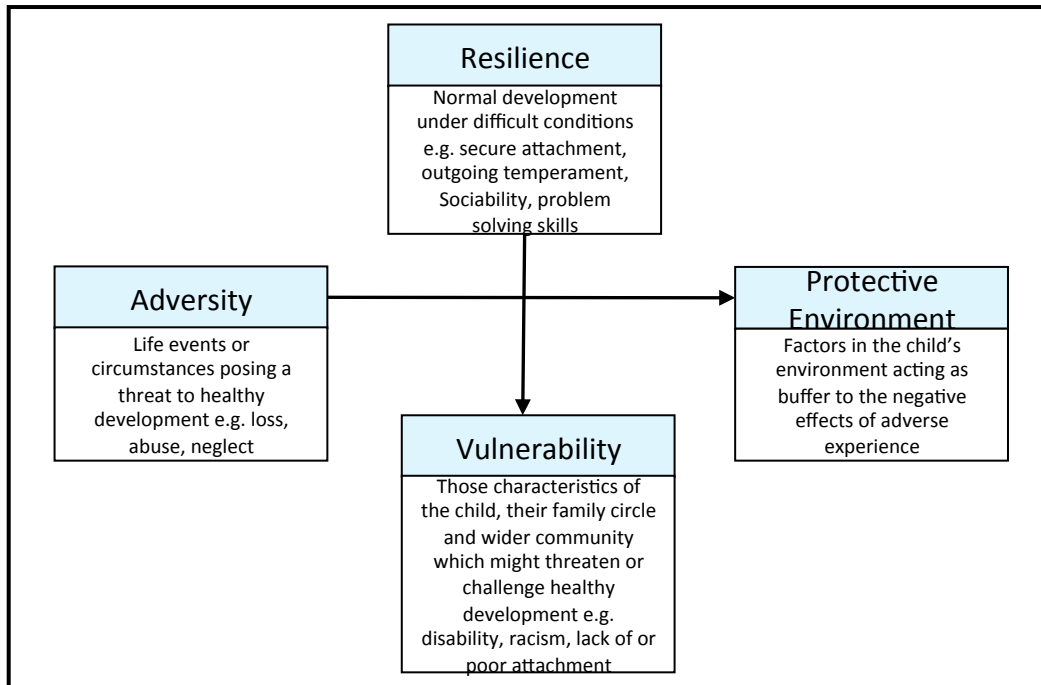
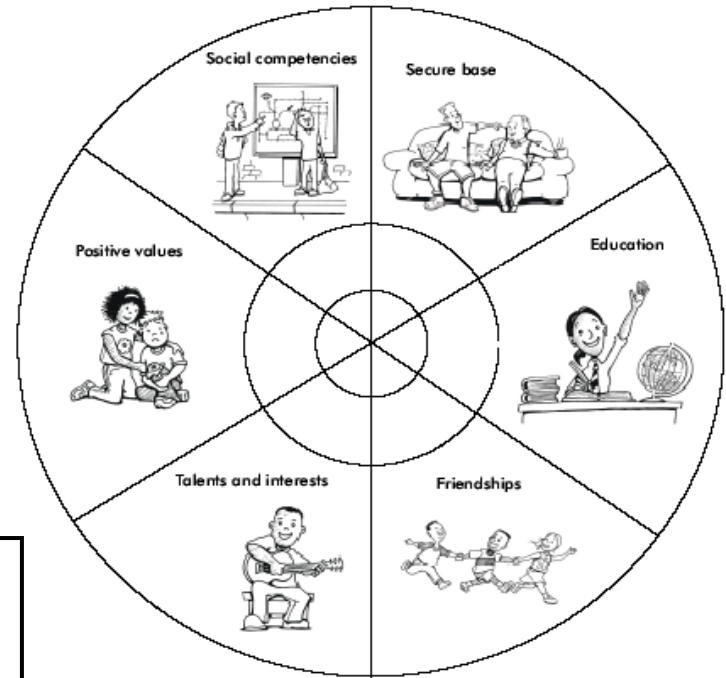
Capacity Building



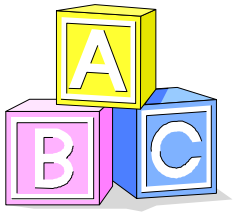


Other Resilience tools used:

Resilience 'domains'

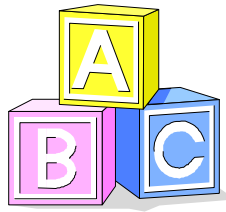


Resilience Matrix: A Resilience Matrix for Analysing Information



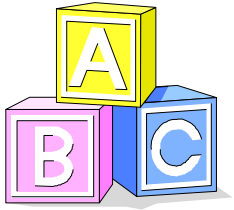
Wendy Bruce

Chair of Midlothian Sure Start



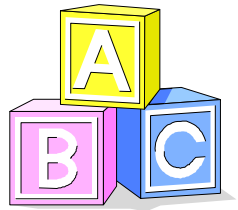
Empowering Families Project

- a therapeutic service for families with 'multiple and complex needs', who live in Midlothian
- for families where the oldest child is at primary school
- an early intervention where there are no current statutory child protection procedures or compulsory orders in place.



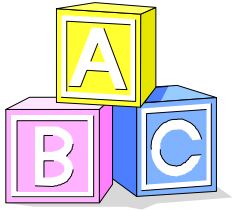
What we do

- Therapeutic support work with families
- Family support programmes eg Incredible Years
- Work in partnership with other services and agencies

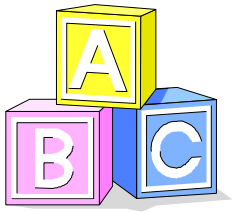


Therapeutic support work

- Can include therapeutic work with: parents/carers and their children; siblings; extended families; individual family members
- Systemic approach and art therapy
- With the family: look at the presenting difficulties within the wider context of the family and the environment ; try to find an alternative way of responding to those challenges
- We use creative expression – play, art, role play
- We aim to meet families outside the home in their own communities



Family is the expert – empowering families to find their own solutions, make the changes they want to see, move away from ‘professional expert’ position



Jennifer Martin

Chair of Midlothian Parent Carers Support Group