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
- Normal development under difficult conditions
  - e.g. secure attachment, outgoing temperament, sociability, problem solving skills

Adversity
- Life events or circumstances posing a threat to healthy development e.g. loss, abuse, neglect

Vulnerability
- Those characteristics of the child, their family circle and wider community which might threaten or challenge healthy development e.g. disability, racism, lack of or poor attachment

Protective Environment
- Factors in the child’s environment acting as buffer to the negative effects of adverse experience

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