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In This Issue

[Signature Theme: Strengthening Families & Parenting](#)

[Tell Us About Your Efforts](#)

[Best Practices in Family Strengthening](#)

[Family Strengthening Funding Opportunities](#)

[Current Funding Opportunities](#)

About NCM USA/Canada

Nazarene Compassionate Ministries seeks to live and act compassionately in the world following Christ's own life and ministry. We seek to be incarnations of the same gospel that Christ lived and preached and to be witnesses to the same love and compassion God has for our world. In the United States and Canada, NCM works closely with Compassionate Ministry Centers (CMCs) to bring compassion and healing to communities that need the love and presence of Christ.

Mission

Nazarene Compassionate Ministries USA/Canada partners with Nazarene interests to facilitate

My Fellow Leaders,

Family and Parenting. This month we wanted to dive deeper into the issues facing families in the USA/Canada. Pressure, challenges, and economic hardships are coming at our families from all sides. Parents need assistance, resources, and encouragement; kids need stability and love. **Families need to know that no matter how tough times get, there is still hope.**



We believe that families can have **help** and **hope** in all of these areas - **through you.** In this September Resource eNews, we have assembled some tools and resources that will help you better serve your families.

Let's work together to **make a difference.**

Thank you for your continued service,

Jay Height

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Coordinator, Nazarene Compassionate Ministries USA/Canada

Signature Theme: Strengthening Families and Parenting

Best Practices, Innovations, Funding Opportunities

Based on the premise that children do well when cared for by supportive families, and families do better when they live in vital supportive communities, *Family Strengthening* is defined as the deliberate process of giving parents the necessary opportunities, relationships, networks, and supports to raise their children successfully, which includes involving parents as decision-makers in how their communities meet family needs [1].

Parental interactions are a key

ministries which address the temporal as well as the spiritual needs of the economically disadvantaged.

Churches

Local churches are the primary avenue for Nazarenes to reach out to those in their communities. Nazarene Compassionate Ministries seeks to support churches in starting and maintaining ministry to the under-served and marginalized. We believe every church, no matter size or budget, can find ways to meet needs in their community with compassion, creative, and the firm foundation and life-changing power of the Gospel message.

CMCs- Compassionate Ministry Centers

A Compassionate Ministry Center is a non-profit organization dedicated to meeting the needs of the under-resourced in the community. While these organizations are often affiliated with a specific local church, they are in a strategic position to unite others in their community around a high-needs cause.

NDR- Nazarene Disaster Response

Nazarene Disaster Response is Nazarenes mobilizing for disaster through Readiness, Response, and Recovery. Local Nazarenes are in a unique position to understand, serve, and remain with disaster victims in their own neighborhoods. In large-scale events the denomination can come alongside local efforts with the support of volunteers



element of healthy early childhood development. However, financial and social instability as well as parenting stress prevent low income families from engaging their children in a way that fosters appropriate emotional, social, cognitive, and motor development. These families have difficulty balancing work, family, and essential needs, leaving parents less time to devote to their children. Risk factors include single

parent households, poverty, belonging to an immigrant family, and having an incarcerated parent.

Positive parenting practices and discipline strategies are associated with children's kindergarten readiness, language development, and social skills, which are markers for how well prepared they will be for college, work, and adult life. Research has shown that the following parenting elements encourage strong child development: nurturing, language, discipline, monitoring, home management, and teaching direct skills to children. Differences in parenting account for 25%-50% of variation in school outcomes [2]

Family strengthening and parenting interventions

Comprehensive parenting and family support combines promotion of family economic security, child-focused education and therapy, and parent-focused interventions in a continuum [3] of parenting and family support services that includes:

1) Basic Information and Support

- Drop-in help and support to establish program presence in the community

2) Screening, Assessment, Referral

- Family outreach to assess risks and need for available support

3) Parent Education and Peer Support

- Parenting skills training on nutrition, early child development, and discipline.
- Emphasis on building supportive relationships and community among parents
- Parent-child bonding activities.
- Promotes positive parenting through information, modeling positive behavior, reinforcing positive behavior, appealing to values and emotions, identifying simple, effective self-reinforcing strategies, and engaging, interactive instruction.

4) Intensive, Individualized Family Support

- Home visits that include listening to parent concerns, identifying parent strengths, observing parent-child interactions, modeling parenting strategies, teaching parents about typical child development, promoting parent-child bonding, and coaching mentorship for parents.
- Comprehensive, individualized service plans that are created with each family to outline goals, strategies to achieve them, and supports needed.
- Emphasis on building relationships with families and focus on developing family strengths.
- Linkage to social services including mental health, substance abuse recovery, housing, education, food security, etc.

5) Family Preservation

- Case management and related services needed to stabilize families in immediate, severe crisis and prevent need to remove children from the home.

Examples of innovative approaches [4] to family strengthening and parenting support are:

and donors from across the country and through our strong partnerships with other disaster relief agencies. NDR serves victims regardless of race, creed, or economic status by concentrating on assistance to the poor, elderly, and handicapped.

W&W- Work & Witness

Work & Witness provides opportunities for Nazarenes to serve together in support of existing ministries such as churches, CMCs, and Nazarene Disaster Response. Work & Witness can be any type of project, from construction to evangelism to compassionate outreach.

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- Build relationships between program teachers and families through regular, informal gatherings such as Dinner Chats for staff and families and Stay and Play events.
- Establish a Relief Nursery to provide safe child care for parents while they attend support and education services such as case management, therapeutic early childhood classrooms, respite care, counseling, substance abuse recovery support, parent training, and opportunities for parents to practice their newly learned strategies.
- Create a Strengthening Families leadership team or working group to coordinate various community services for families.
- Form parent support groups that meet regularly to provide emotional support to each other, discuss parenting challenges and techniques, participate in interactive exercises, and outline and review individualized step-by-step plans for dealing with specific parenting situations.
- Provide enhanced in-service training for staff and teachers that focuses on facilitating friendships and support, strengthening parenting skills, responding to family crises, linking families to resources, promoting social and emotional development, recognizing and responding to abuse, and valuing parents.
- Conduct parent workshops that emphasize building parental resilience and social connections, enhancing knowledge of child development, providing support in times of need, and promoting children's development. Incorporate incentives such as free child care, dinner, prizes and giveaways.



Family Strengthening and Parenting Programs aim to:

- **Increase positive parenting practices and self-efficacy**
- **Decrease parenting stress and negative discipline practices**
- **Improve healthy child development and kindergarten readiness**
- **Strengthen family relationships**
- **Facilitate family access to services that support achievement of self-sufficiency**

Measures

Parenting Interactions with Focal Child	<ul style="list-style-type: none"> • Number of days per week parent does the following activities with the focal child: (a) Sings, (b) Hugs, (c) Plays, (d) Reads, (e) Visits playground • Parent has a regular bedtime for the focal child (YES/NO)
Discipline Strategies with Focal Child	<ul style="list-style-type: none"> • Physical punishment is used as the main source of discipline • Physical punishment is one alternative • Frequency of physical punishment in prior month • Number of discipline techniques used with focal child
Parental Distress	<ul style="list-style-type: none"> • Being a parent is harder than I thought it would be • I feel trapped by my responsibilities as a parent • Since having children I feel that I'm never able to do things that I like to do
Parental Efficacy	<ul style="list-style-type: none"> • I feel I am doing a good job as a mother/father • I know how to play with my baby/child • I can make decisions about the care of my baby/child
	<ul style="list-style-type: none"> • I have someone I can count on to listen when I need

Social Support	to talk · I have someone to give me information to help me understand a situation · I have someone to confide in or talk to about myself or my problems
Child-centered	· Age-appropriate cognitive and emotional development · School readiness
Positive Relationships with Parents	http://www.childtrends.org/our-research/positive-indicators/positive-indicators-project/positive-relationship-with-parents/

Additional Outcomes and Indicators can be found [here](#).

Information Resources for Parenting and Family Strengthening

- [OJJDP's MPG \(Parenting\)](#)
- [OJJDP's MPG \(Family Therapy\)](#)
- [Families and Parenting](#)
- [Strengthening Families Evidence Review](#)
- [SAMHSA's National Registry of Evidence-Based Programs and Practices \(Parenting\)](#)
- [Child Trends What Works](#)

• CITATIONS

[1] [Family Strengthening Policy Center, National Human Services Assembly](#): "Introduction to Family Strengthening."

[2] Brooks-Gunn, J. & Markman, L.B. (2005). [The contribution of parenting to ethnic and racial gaps in school readiness: The Future of Children](#), 15, 139-157.

[3] [Parenting and Family Support](#), Rhode Island Kids Court Issue, Brief Series, July 2005.

[4] [Strengthening Families: Community Strategies That Work](#), Beyond the Journal, Young Children on the Web, March 2007.

Tell Us About Your Family Strengthening Efforts

We would love to learn more about the innovative work that is being done by compassionate ministries centers to strengthen families and improve parenting skills. This information helps us better target our searches for grant opportunities by matching the work you do with donor interests. Please complete our [Family Strengthening Strategies Survey](#). (Expected time < 10 minutes)

Recommendations for Best Practice in Family Strengthening and Parenting

1. Provide staff with intensive training and ongoing feedback to ensure they are able to implement high-quality, evidence-based programs
2. Monitor and promote high participation levels over time for maximum effectiveness. Research shows that families must connect with the program weekly for at least three to six months to be effective, with visits for two years yielding the best results.
3. Individualize services and match well defined goals to specific needs of families
4. Continuously assess the implementation process for optimal contextualization of evidence based programs
5. Target people who will benefit most and align activities with their needs

6. Structure and schedule activities to optimize long term parent participation
7. Address the needs of the family as a whole or collective unit (family-centered)
8. Create place-based opportunities for families to thrive



9. Partner to create a seamless web of services and supports
10. Strengthen family assets to achieve self sufficiency
11. Engage families in decision and goal making process
12. Focus on front-end to prevent problems
13. Combine home visits and center-based group programs
14. Serve both children and parents through a dual generation approach

Family Strengthening Funding Opportunities

Doris Duke Charitable Foundation Child Abuse Prevention Program (CAPP) supports innovative, potentially replicable approaches to preventing child abuse and neglect that targeted the youngest children ages 0-6 years. For guidelines on submitting a letter of inquiry, click [here](#).

United Way Enter School Ready to Succeed initiatives aim to improve the quality of family support during early childhood. Learn more about the program [here](#). *Contact your local United Way affiliate to apply.*

Department of Education Investing in Innovation (I3) prioritizes increasing parent and family engagement in education. [View details](#)



Administration of Children and Families Promoting Responsible Fatherhood Initiative supports healthy marriage, effective parenting, and economic stability interventions. [More information](#)

Heinz Foundation gives to programs that improve nutrition, advance educational and community opportunities for minorities, and foster healthy communities for children and

youth. [Review grant guidelines](#)

Robert Wood Johnson Foundation supports innovative solutions to social determinants of health including poverty, housing, education, and community and home environments. For more information about RWJF's Vulnerable Populations program, click [here](#). To view current calls for proposal, click [here](#).

Dollar General Family Literacy funds organizations that provide adult and children's education, parent and child together time, and parenting classes. [View details](#)

*Application Available: January 2014
Award Amount: \$15,000*

Prudential Foundation Ready to Learn initiative funds efforts to improve educational outcomes for vulnerable youth. [More information](#)

Current Funding Opportunities

PeyBack Foundation Accepting Grant Applications for Programs Serving At-Risk Children ages 6-18 in Denver, Indiana, Louisiana, and Tennessee. [Apply](#)

Application Deadline: February 1, 2014

Award Amount: Up to \$15,000

Lego Children's Fund Seeks Grant Proposals for Youth Creativity Programs serving disadvantaged, at-risk youth from birth to age 14 in Connecticut and Massachusetts. [Apply](#)

Application Deadlines: October 15, 2013

Lowes Toolkit for Education provides support for school parent-teacher groups. [Apply](#)

Deadline: October 15, 2013

Award Amount: \$5,000

AAUW Accepting Applications for Community Action Grants for programs that promote education and equity for girls and women. Visit [website](#) for more information.

Deadline: January 15, 2014

Award Amount: \$2,000-10,000



Daniels Fund supports programs focused on aging, alcoholism and substance abuse, early childhood education, homeless and disadvantaged, and youth development in Wyoming, Utah, Colorado, and New Mexico.

[More information](#)

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