

THRIVING FAMILIES ALLIANCE



Parenting & Child Development

It is essential that parents and caregivers in our community have a strong knowledge of child development and parenting techniques. By having a solid understanding of children's developmental milestones and what to expect at each stage, parents and caregivers are better equipped to identify potential delays or concerns and seek appropriate support. Additionally, being aware of effective communication strategies, positive discipline approaches, and ways to promote a child's social-emotional development contributes to a healthy and secure family dynamic.



Through education and ongoing growth, caregivers have the power to create a strong foundation that supports child well-being and future success. Children who grow up in a home with caregivers who utilize age-appropriate discipline strategies and understand child development are more likely to experience appropriate limits, consistent expectations, and the opportunity to develop independence. The following actions and steps can help parents to increase these protective factors:

- Daily routines,
- Proper nutrition,
- Creating stimulating experiences,
- Ensuring a proper sleep schedule,
- Being emotionally available,
- Consistency in responding to a child's needs,
- Offering affectionate interactions.

Parents and caregivers will learn along the way that not all children are the same and that parenting techniques and style need to be adjusted based on each child's temperament and unique circumstances. While caregivers learn through everyday actions, many benefit from additional support—be it a family member, book, class, or a family support program.

Experts have written several books on parenting and child development that can be purchased or checked out at the local library. There are several local and virtual parenting classes in our area, as well as numerous Family Support Programs. We suggest reaching out to the [Child & Family Resource Network of Southwest Iowa](#) at 712-355-2615 to learn what is available.

To build a resilient community, we need to support families in strengthening their protective factors, including parental and caregiver knowledge of parenting for child and youth development.



5 things to Know about Parents' Knowledge of Parenting and Early Childhood Development

Child Trends

Research demonstrates a strong link between what parents know about parenting and child development and how they behave with their children. Parents with more knowledge are more likely to engage in positive parenting practices, whereas those with limited knowledge are at greater risk of negative parenting behaviors. Consequently, many parenting programs and services for families with infants and toddlers aim to improve parents' knowledge of child development and healthy caregiving practices.

[-Read More at Child Trends-](#)



Professional Development & Training Opportunities

July

19

Wednesday

Understanding Anxiety

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders and treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist. [More Info](#)

August

2

Wednesday

Trauma & Resilience

This training helps participants recognize trauma, understand its impact on the brain and body, and identify and apply interventions to trauma related behaviors. This course is meant to provide foundational information on trauma for anyone that is new to the topic or would like a refresher on trauma basics. [More Info](#)

August

3

Thursday

Suicide Risk Screening and Safety Planning

In this training provided by Drew Martel, Chief Training & Clinical Officer at Foundation 2 Crisis Services, participants will learn how to conduct a thorough suicide risk screening and how to develop a safety plan for individuals at risk of suicide, including identifying warning signs, protective factors, and crisis resources. Participants will gain an understanding of the ethical and legal considerations involved in suicide risk screening and safety planning. [More Info](#)

August

16

Wednesday

Child Behavior & Brain Development

This training will cover a basic understanding of brain development, the parts of the brain and their functions. It will also explain how behavior is connected to stages of development (physical and emotional) and responsiveness of relationships. Training provided by Gladys Noll Alvarez, LISW, IECMH-E, Trauma Informed Care Project Coordinator, Orchard Place Child Guidance Center. [More Info](#)

August

28

Monday

Turn Your Mindset from "What's Wrong with You?" to "What's Happened to You?"

Join a virtual one-day training on identifying and responding to trauma with evidence-based resilience strategies. [More Info](#)

Online

On Demand

Crisis, Coping, and Caring

Learners will discover methods of crisis intervention and de-escalation techniques to keep safe, applying coping skills to process difficult outcomes, and practicing self-care with gratitude, not guilt. Speakers: Melissa Inzauro, MSW, CSW and Allen Ladd, MSW, PLMHP [More Info](#)

Child & Family Resource Network Celebrates 10 Years

The Child and Family Resource Network of Southwest Iowa will be celebrating 10 years in August! What better way to celebrate than with popsicles in the park! Join us at one of these celebrations in the month of August!



Program Spotlight: 24/7 Dad Program through Children & Families of Iowa

Utilizing the 24/7 Dads curriculum from the National Fatherhood Initiative, the men at the



Clarinda Correctional Facility engage in a 12-week education group that supports co-parenting, men's health, appropriate discipline, healthy communication, and better ways to engage with children. This evidence-based curriculum trains fathers to be involved, responsible, and committed 24 hours a day, 7 days a week.

Learn more about local *24/7 Dads on Facebook* or Contact Bradley Pothoven for more information: 641-455-4359 or Bradleyp@cfiowa.org.

Empowering a caring community that promises the well-being of every child.

