



## TEACHING IMPORTANT PARENTING SKILLS (TIPS)

### STRENGTHENING FAMILIES

Strengthening Families is a research-informed, cost-effective strategy to increase family stability, enhance child development and reduce child abuse and neglect. It builds five protective factors:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Through the Strengthening Families Initiative, more than thirty states are shifting policy, funding and training to help programs working with children and families build protective factors with families. Many states also use the Strengthening Families approach to inform state prevention strategies, strengthen families in the child welfare system and engage parents and communities in building protective factors.

### WHY SITES USING TEACHING IMPORTANT PARENTING SKILLS (TIPS) AND STATE STRENGTHENING FAMILIES<sup>™</sup> EFFORTS SHOULD CONNECT

Strengthening Families efforts provide a cross-systems framework for family support and capacity building in more than 30 states. State initiatives are led by cross-system leadership teams generally representing a diverse set of disciplines, including early childhood, child abuse and neglect prevention, child welfare and public health. In most states, Strengthening Families is being implemented broadly in settings as diverse as early childhood centers, family support programs, parenting programs and other venues that serve young children and their families. Connecting to these leadership teams provides an opportunity to place Teaching for Important Parenting Skills (TIPS) in the context of broad cross-disciplinary thinking about how to leverage existing systems to support families and prevent abuse and neglect.

At the programmatic level, Strengthening Families provides a framework and set of tools to help any environment that supports young children and their families enhance their capacity to build protective factors that promote optimal development and prevent abuse and neglect. For sites implementing TIPS, Strengthening Families materials and tools can be used to help build a more comprehensive family support strategy that will complement existing efforts. Programs implementing the Strengthening Families approach in states may also be an important resource for anyone using the TIPS program. These programs are already working with families in a strengths-based, capacity building way and may be an important resource to families who need additional supports

Visit the Strengthening Families website ([www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)) to learn more about efforts going on in specific states, or to download tools and resources to support Strengthening Families implementation within a program.



## TEACHING IMPORTANT PARENTING SKILLS (TIPS)



TIPS is based on the most current research on parenting and parent engagement. TIPS materials include training courses, the TIPS toolkit and secure access to the TIPS website.

**Naptime Academy** offers free, online one-hour sessions that build knowledge of TIPS topics.

**TIPS 6-hour Basic Training** prepares frontline staff to build positive relationships with parents and to use the TIPS Toolkit.

**TIPS Coach's Training** provides online support to help programs implement and sustain TIPS.

**TIPS Training of Trainers** provides a team of local, certified TIPS trainers across communities regions and states.

**The TIPS user-friendly toolkit** puts the most current information about child development and parenting research at practitioners' fingertips. The toolkit contains:

- "What the Experts Say" manual
- Set of Quick Reference Cards
- Set of Parent Tip Cards

**The TIPS website** has information about the TIPS program, scheduled trainings, conferences, and presentations and serves as a portal for ongoing technical assistance. TIPS-trained individuals get secure access to tools for implementing, promoting, and sustaining TIPS in their programs.

[www.tipsforgreatkids.com](http://www.tipsforgreatkids.com)

### HOW TIPS LINKS TO THE STRENGTHENING FAMILIES PROTECTIVE FACTORS FRAMEWORK

The TIPS program helps build the strengths of parents, teachers and other caregivers to support positive, healthy development of children ages birth to 5 years. It is a comprehensive parenting education program based on the Brief Parenting Intervention (BPI) model, an alternative to the multi-week parenting education model. The TIPS program is consistent with Strengthening Families efforts and serves to build the protective factors.

**Parental Resilience:** TIPS centers create a welcoming environment where families are comfortable and feel valued and supported. The TIPS toolkit and trainings help practitioners build parental resilience. The topics are organized into 12 domains shown to be most important to children's well-being. Trainings build teachers' skills to develop trusting relationships and share verbal and written information that can impact families' social, emotional or economic health.

*TIPS Topics: Parental Depression, Co-Parenting, Parental Substance Abuse*

**Social Connections:** The domain Family, Friends, Community emphasizes positive connections to social networks to address their important benefits to children's cognitive and social-emotional development. Program topics cover issues relating to the importance of quality relationships at home and in childcare.

*TIPS Topics: Quality Childcare, Importance of Fathers, Family Traditions*

**Concrete Support in Times of Need:** TIPS training provides information about helping families meet basic economic needs that are essential for families to thrive as well as how to link to services and supports needed during times of crisis.

*TIPS Topics: Child Support, Car Seat Safety, Domestic Violence*

**Knowledge of Parenting and Child Development:** TIPS provides accurate information about child development and appropriate expectations for children's behavior at every age on many topics.

*TIPS Topics: Play, Immunization, Toileting Accidents, Picky Eaters*

**Social and Emotional Competence of Children:** The TIPS Program promotes the social and emotional competencies of children and their families by supporting positive, caring relationships and sensitive, responsive parenting. Parenting tips in domains such as "school readiness" and "guidance & discipline" provide tips to build children's social and emotional competence.

*TIPS Topics: Crying, Spoiling Babies, Effective Discipline*