INDIANA PROJECT LAUNCH PARENT CAFES

Informal gatherings that allow caregivers to build leadership and relationships as well as protective factors that help to strengthen their families.

Be Strong Families

PROTECTIVE FACTORS

PARENTAL RESILIENCE

Managing stress and functioning well when faced with challenges, adversity and trauma

Social connections

Having a sense of connectedness with constructive, supportive people and institutions

CONCRETE SUPPORTS In times of need

Identifying, accessing and receiving needed adult, child and family services

KNOWLEDGE OF PARENTING AND CHILD Development.

Understanding parenting best practices and developmentally appropriate child skills and behaviors

->L

total

participants

SOCIAL-EMOTIONAL competence of CHIDREN

Forming secure adult and peer relationships; experiencing, regulating and expressing emotions

Biological Parents (56.50%) Foster Parents (6.80%)

Grandparents (11.10%) Step Parents (2.70%)

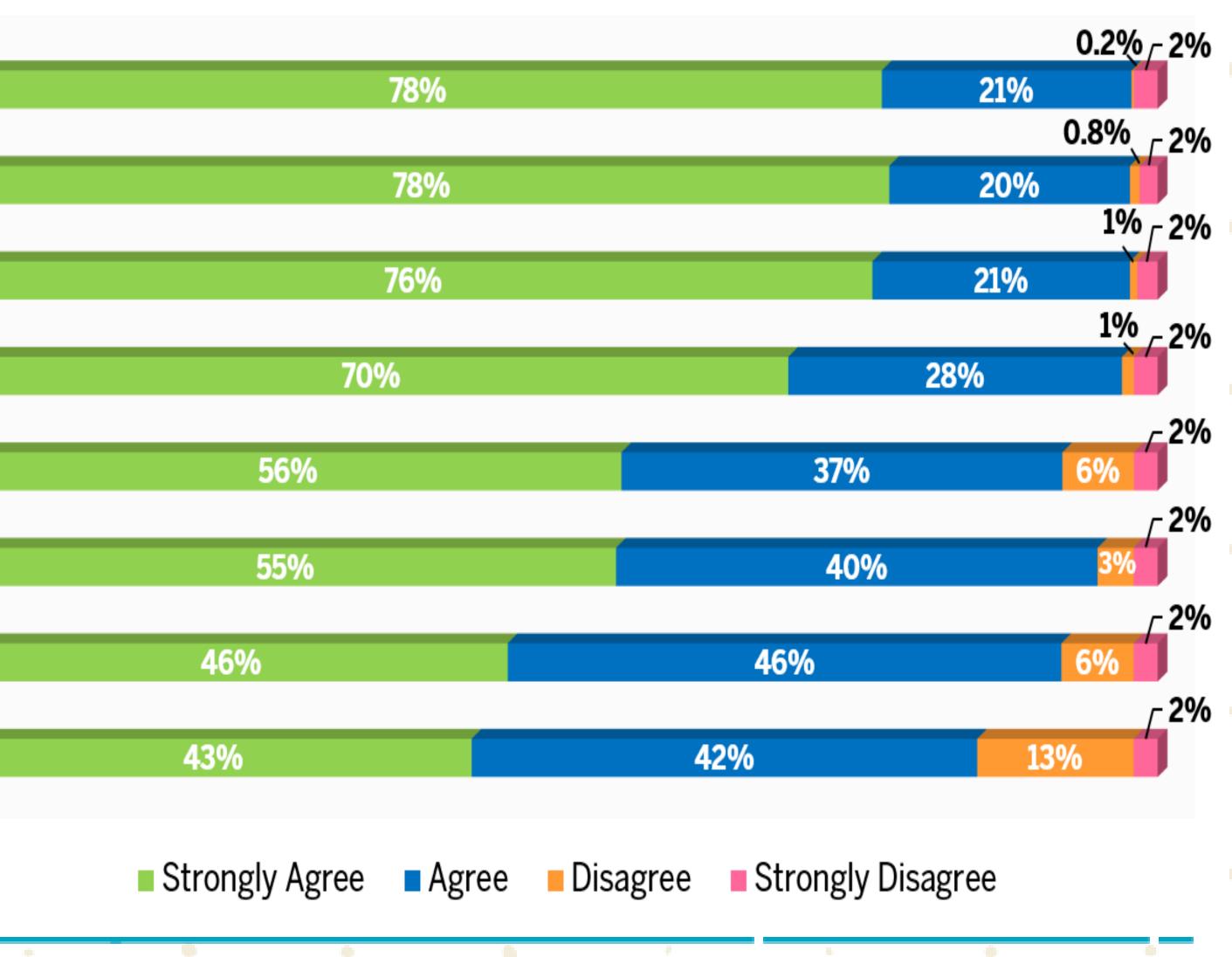
Caregiver Supporters (12.30%)

had at least one young child (ages 0-8)

of parents had attended a parent cafe before



CAREGIVER SURVEY



l enjoyed being able to spend time talking with other families.

I would recommend this program to another person. It was helpful to know that other families are going through similar things as me and my family. Overall, I am satisfied with this Parent Café.

This cafe helped me better understand the importance of my child(ren)'s feelings.

I learned something I can use right away with my family.

I learned a new way to handle stress or challenges in my life.

I learned about a resource in the community that I can use when I need help.



CAREGIVER COMMENTS

