



BUILDING HEALTHY FAMILIES

THE PARENT TOOLBOX

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The Transformative Power of Building Healthy Families



When the relationship between a parent and child is nurtured in an environment that is safe, predictable, comfortable, and filled with joy, a bright future for the child is taking shape.



Building Healthy Families embodies the four cornerstones of relational health: safety, predictability, comfort and joy. Healthy relationships are building blocks for cognitive, emotional and social well-being later in life.

Safety begins with voluntary participation. Parents choose to enroll in Building Healthy Families, and parent choice remains an important part of participation throughout the time a family is involved. Secondly, services take place in the security of home. Visitors meet with participants *wherever* they call “home” and with anyone considered “family.” Along with a bag of fun activities, home visitors carry tools to assist parents to create and maintain a safe

environment. Family members are connected to health insurance and medical care and are provided childproofing materials and information. Parenting practices that build trust are explored for each stage of a young child’s development. For those seeking a healthier lifestyle to support family stability, the Team links parents to counseling, support groups, and to legal and financial assistance.



Predictability means home visitors show up dependably and follow up on plans. They assist parents to establish routines and manage budgets that support household stability. They share curricula and activities about responding consistently to a child’s cues, tuning into a child’s emotional state, and helping them regulate while learning to regulate their own emotional responses.



Relationships, especially in the early years, are biological necessities to build a foundation for lifelong growth and development.



Comfort with home visits is established by Support Specialists who are fully present, non-judgmental, empathetic, and validating. Building Healthy Families recognizes a parent’s need for nurture as they care for young children and shape *their* futures with presence, empathy, and validation.

Joy is biologically and emotionally transformative. Feel good hormones are released for parent and child and offer a sense of well-being as they experience fun during visits and family group events.

Dad’s Corner:

FATHERS INFLUENCE LONG-TERM MENTAL AND RELATIONAL HEALTH

High-quality father involvement during childhood is linked to better mental health outcomes in adulthood.

A study also suggests that the depth of connection developed between a child and father can greatly influence the child’s romantic relationships later in life.

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