



Everything I need to know about the Protective Factors I learned from...

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A M A N D A M I L L S

Amanda has worked in early childhood education here in the Treasure Valley for over 20 years. She brings with her the knowledge of being an early childhood professional and program director as well as working for nearly a decade on the IdahoSTARS project.

Amanda is the Strengthening Families Specialist at IdahoAEYC and works with early childhood professionals, families and family-serving organizations to integrate the Strengthening Families Framework and the Building Blocks of HOPE into practice. Strengths-based supports decrease stress in families, leading to better outcomes for children. She believes that families are more likely to thrive when their basic needs are met and focuses on those furthest from opportunity.

Amanda is a mother, wife, dog mom and competitive weightlifter. She loves the Idaho outdoors, cooking and going to concerts.



OBJECTIVES

- Explore responsive and nurturing parenting and how we can break the cycle of generational trauma by promoting the Protective Factors in non-traditional ways
- Identify how and where the Protective Factors are evident in our lives and how we can use everyday opportunities to promote them

I didn't have the
Protective Factors
growing up.



Then I started CrossFit



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Where have the
Protective Factors shown
up in your life?



Parental Resilience

Parenting is stressful and some situations are more difficult than others. Stress affects children too. Everyone has strengths that they draw on during difficult times.



Social Connections

All parents need support sometimes. Support can come from family, friends, neighbors or other helpful people. Social support can be found by belonging to groups.





Knowledge of Parenting and Child Development

Children have reasons for behaving the way they do. Parenting is a tough job! Every parent has strategies that work and areas where they struggle. How we were parented affects our parenting. No parent can know everything. It takes time to change habits and it's never too late to try something new.



Social and Emotional Competence

Social Skills are important for children to become successful adults. Children and youth develop social skills gradually. Our children learn by watching us. Parents can help their children learn social skills.



Concrete Support

All families need help sometimes. Unmet basic needs like nutritious food and safe, stable housing can be harmful to children's development and ability to learn. There are many places to go for help in our community.


So, what's your CrossFit?



What is your CrossFit?

Nobody has responded yet.

Hang tight! Responses are coming in.



There are a lot of children
who never find their “CrossFit”

Where do the Protective Factors show up in a child's life?

So how do we do this?



With so much uncertainty, disruption of routine, and social isolation in the world today, it is important for families to find ways to remain connected and stay on a path to happy, healthy lives.



Promoting the Protective Factors and Thriving

HES CrossFit: The Kids are all Fit



The five protective factors work together to help make and keep families strong. Each of the five protective factors is essential but most important is what they do together to build strength and stability in families. Reducing stress in families reduces the risk of child abuse and leads to better outcomes for children.



OUR MISSION

The mission of Idaho AEYC is to advance Idaho's early learning profession and advocate for children, families, and those who work on behalf of young children.



Idaho AEYC envisions a world
where all children thrive:

at home, in childcare, in the classroom, or
with their caretaker, teacher, early
educator, or family.



Thank you!

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