



## In this issue:

- \*Earth Day and Saving Monarch Butterflies
- \*Protective Factors for Child Abuse Prevention
- \* Coaching Group
- \* IG Live Events

Marilyn@resiliencesocialwork.com

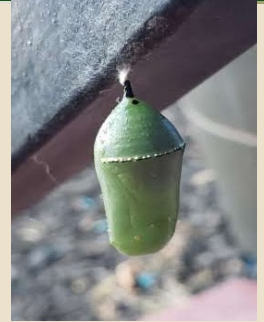
562-384-9299



## Celebrate Earth Day



### By Saving Monarch Butterflies



This Earth Day, 4/22/22, I would like to invite you to join me in helping save the monarch butterfly population by planting flowers, more specifically milkweed plants in your yard or pots. The population of monarchs has decreased by 95% since the 1980's and need our help. During the madness of 2020 I decided to plant a butterfly garden to help pollinators, and at the same time, selfishly help myself cope with quarantine and everything else 2020 brought us. During the process of planting and watching the garden develop I discovered some amazing things, including the tremendous healing power of nature and the amazing impact it had in creating and bringing new life to my yard (saw over 100 new creatures). It gave me a sense of purpose and it felt good to see beautiful things grow and benefiting from my efforts of tending and caring for them. My health also improved mentally and physically, and I attribute it to playing with dirt, and to the mindfulness the garden provided in taking the time to look for new growth, new creatures, and connecting with nature. My favorite gift was the love I developed for the monarch butterflies after watching them go from egg to butterfly several times, like you see in these pictures (all from my yard and feature our babies that were born there in all their beautiful stages of transformation!) Just like us, monarchs are on a journey that is not easy and require support to thrive, but with the adequate support they are able to complete their cycle and transform from egg to butterfly to continue on their journey up north as they migrate north in the Spring and back to Mexico in the Winter. I am amazed and inspired by their resilience and that's why I chose my logo to be a butterfly, because the human spirit is also resilient and as transformative as them. Their lesson is simple, when we are nurtured and have a safe environment we thrive. I am asking you to join me in this conservation project of increasing the monarch population by planting milkweed the only place where monarch lay their eggs and the only food their caterpillars eat to grow to be able to go into chrysalis stage. Planting other flowers also helps to feed the butterflies and increase habitats that provide food, shelter and space to raise their young so we can continue to enjoy their beauty. I hope you find time to connect and help nature in some way this Earth Day!

Marilyn Mejia-Peña, LCSW



# CHILD ABUSE PREVENTION MONTH

April is child abuse prevention month and I want to take the opportunity to remind everyone that we can all help in this endeavor by strengthening the resilience of families (including our own). Through facilitation of parenting classes and my work in child welfare, I have learned that it is essential for parents to have the appropriate support and guidance to succeed at parenting. Also, staying away from judgmental attitudes and assumptions is key to providing the most effective and attuned services. Most parents are just doing the best that they can with the tools and support of lack thereof that they have. Here are some ways in which you can help prevent child abuse by implementing the Center for the Study on Social Policy (CSSP) Strengthening Families 5 protective factors:



1. PARENTAL RESILIENCE



2. SOCIAL CONNECTIONS



3. CONCRETE SUPPORT IN TIMES OF NEED.

## 5 PROTECTIVE FACTORS

FOR PREVENTING RISK OF CHILD ABUSE.

SOURCE: Prevent Child Abuse America

4. KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT.



5. SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN.



LEARN MORE ABOUT THESE 5 FACTORS:

[preventchildabuse.org/resource/mentor/](https://preventchildabuse.org/resource/mentor/)

**Parental Resilience** – Stay away from judging struggling parents and offer assistance if needed. Provide encouragement and validate that parenting is hard and we all need support. Celebrate their successes and be patient and encouraging in the application of new skills. Be a mentor to a parent/child to support their resilience (<https://www.preventchildabusehc.org/mentor-a-child-or-parent>)

**Social Connections**– Help parents expand their social circle by linking them to parent-and-me activities to meet other parents and encourage them to engage in conversation while at the park or volunteer at their children's school. Link to a support group or help them explore positive connections in their life they can foster and reach out to when needed. Link with child-care or pre-school.

**Concrete support in times of need**– remember to assess for families ability to meet basic needs and link or provide assistance as needed in those areas-food, shelter, clothing... Assist or link with financial assistance, transportation (buspass, ride, uber credit), childcare (babysit for your friend or relative), be a listening ear for them to vent about the hardships of parenting and/or check-in to brighten up their day. (You can call 211 for resources)

**Knowledge of parenting and child development**– Offer parenting classes at your agency or link parents with educational resources and parenting support groups. Triple P, Love and Logic, How to talk to kids so they Listen and How to Listen so they talk are parenting programs that teach non-violent discipline techniques (Most libraries have a parent resource section with books and videos, and there is also content on You Tube.) Children's Bureau ([www.all4kids.org](http://www.all4kids.org)) and Child Welfare information gateway websites ([www.childwelfare.gov](http://www.childwelfare.gov)) have great resources as well. For child development and parenting the CDC has assessment tools and educational materials-<https://www.cdc.gov/ncbddd/childdevelopment/index.html>. Early intervention is key in addressing developmental challenges/delays so refer to the Regional Center, pediatrician, speech, ask school for an IEP or link parents with the proper assessment/evaluation when needed.

**Nurturing and attachment**– this one is so important because it is the foundation of all relationships in the future. Screen for pre-and post partum depression and provide support to new parents as needed. Assess their support system and needs and link with needed resources. Provide psychoeducation on ways to strengthen attachment and share the importance of affection, attunement, and play to foster healthy children. First 5 has amazing resources <https://www.first5california.com/en-us/>

**Supporting Social-emotional competence of children** is another factor that can help in child abuse prevention and here are ideas on how you can help. You can provide validation and help in teaching children the language of feelings by modeling safe expression and proper naming of feelings. Strengthen positive social skills by engaging in play. Allow children to have a voice and share their needs and wants even if the answer to their request is no, be empathic in their struggle to regulate when having a meltdown and help co-regulate by staying calm and present, redirect inappropriate behavior and give them an alternative way of expressing their need, be patient (I know it's hard sometimes.)

Let's all do our part in diminishing abuse!

Source: [https://cssp.org/our-work/project/strengtheningfamiliesugd/8d0e07\\_3e65042b55514e7cb97b90bf06298725.pdf](https://cssp.org/our-work/project/strengtheningfamiliesugd/8d0e07_3e65042b55514e7cb97b90bf06298725.pdf)

## INSTAGRAM LIVE EVENTS

**HABLEMOS DE LOS FACTORES PROTECTIVOS PARA LA PREVENCION DEL ABUSO INFANTIL**

Miercoles, 6 de Abril 11 a.m.-12 :00 p.m.

**LETS TALK ABOUT PROTECTIVE FACTORS FOR CHILD ABUSE PREVENTION**

Thursday, April 7 11 a.m.-12:00 p.m.

**@RESILIENCESOCIALWORK**

## COACHING

**Skill Building Therapists' Coaching Group**  
Wednesdays April 6 & 20 at 7:30 p.m.  
Cost: \$20 p/group or \$30 a month

Sign up at:

<https://resiliencesocialwork.com/events>

By the way I am available to provide in-service staff development trainings in-person or virtually as well as consultation services and professional coaching. For questions or referrals contact me via social media, website, email or phone provided in the first page