

Sample Text Messages: ParentPowered Trauma-Informed

Protective Factors				
Parental Resilience	Social Connections	Knowledge of Parenting & Child Development	Social & Emotional Competence of Children	Concrete Support in Times of Need Community Support Stream
<p>FACT: When you feel powerful stress, it can make it hard to parent or think. You might even feel frozen. Pausing and noticing these feelings can help you parent even when times are tough.</p>	<p>FACT: We are stronger together! Friends, family, and neighbors can give great support to each other. Even though it may feel hard, it's always okay to ask for help when you need it. You can be a help to others too.</p>	<p>FACT: Asking your 4-year-old questions throughout the day builds their communication skills. These skills help kids share their ideas and learn from others.</p>	<p>FACT: Change and uncertainty can be hard for young children. Creating routines that can stay the same helps kids feel more secure and in control.</p>	<p>CONNECT: Lots of people in Springfield qualify for assistance buying healthy foods. You might too. Find out more here: https://spring.info/food</p>
<p>TIP: Today, think about moments when you felt stressed. What was happening around you? What thoughts were on your mind? What did it feel like in your body? These reflections power your parenting!</p>	<p>TIP: Before bed, think about someone you might call if you were sick. This is also someone you can call for help in a bind. Make a list of these special people. Include their contact info. Post the list as a reminder.</p>	<p>TIP: Start your day with a silly question. In the morning, ask: "If you could ride an animal around the world, what would you pick? Why?" Share your answer too!</p>	<p>TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.</p>	<p>CONNECT: If your emotions are making it hard for you to parent, there are people you can talk to. Call 707-464-7224 to speak with a mental health professional.</p>
<p>GROWTH: Keep reflecting. Now think about a moment when you were really stressed and got through it in a way you felt good about. How did you do it? This is a strength! You can use it again!</p>	<p>GROWTH: Keep reaching out. Try creating a reach-out routine. Is there a friend you can call once a week? Is there a family member you can text each morning?</p>	<p>GROWTH: Keep asking questions to prepare 4K! End the day with a question too. Try, "What's something you'd love to dream about tonight?" Share your answer too.</p>	<p>GROWTH: Keep sticking to routines as best you can. In the morning, try always doing things in the same order. Draw a picture of each step in your routine to help your child remember.</p>	<p>CONNECT: If you're concerned about your child's behavior or mental health, it's always okay to reach out for help. Ask your family worker to support you, or find counselors in your area here: http://spring.info/counselor</p>