Supporting Families’ Mental Health
Part 2
July 22, 2020

RR-VHV Resources
Webinar recordings, slide decks, and supporting documents are available at: https://institutefsp.org/covid-19-rapid-response

Q&A Feature
Chat Feature
Please use the Q&A box to submit your questions.
Please use the chat box to respond to questions that we ask you!
Thank you!

Did you attend the Rapid Response webinar on mental health on July 8?

Presenters
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Parents as Teachers of Greater Williamsburg

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Learning Objectives
- Participants will learn strategies to support parent and child mental health that can be engaged in virtually.
- Participants will learn specific strategies for supporting the breastfeeding mother-infant dyad and emotional well-being during the increased stress of the pandemic.
- Participants will learn specific strategies to strengthen the mother-infant relationship in service of parental mental health.
National FSP Competencies

Domain 3: Parent-Child Interactions
  Dimension 11 - Influences on parenting
  Domain 4: Dynamics of Family Relationships
  Dimension 12 - Parent-child relationship
  Dimension 14 - Healthy family functioning
  Domain 5: Family Health, Safety, and Nutrition
  Dimension 18 - Mental health
  Domain 7: Relationship-Based Family Partnerships
  Dimension 25 - Respect and responsiveness
  Dimension 26 - Positive communication
  Domain 10: Professional Practice
  Dimension 37 - Professional boundaries

Questions from the field

- Privacy
- Social-emotional well-being of young children
- Tangible resources for families

Relationships...

Are the source of building development
And the source of building resilience

A Systems Approach to Mental Health

Emotional Competence = Foundation of Mental Health

- Ability to trust and connect in relationships
- Self-regulation and co-regulation
- Sense of self and esteem
Poll

What type of mental health supports, or activities, do you engage in, or use with families virtually?

A Virtual Approach to Engaging with Families

Eagles' Nest Prenatal Program
Oklahoma City Indian Clinic

Chat

What strategies have you found effective in addressing privacy concerns?

Please use the chat box to respond. Select "All panelists and attendees."

Your Turn

A virtual approach to Engaging with Families

Parents as Teachers of Greater Williamsburg

Questions
ev3  Panelists, what is a question we want to open with?
eva.rivera, 7/20/2020

ev7  -So much info on self care, what strategies to use when anxiety and stress takes over??
eva.rivera, 7/21/2020

ev8  what skills did you have prior to doing virtual visits that transfer to your current work?
eva.rivera, 7/21/2020
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- Stephanie Harris, Oklahoma City Indian Clinic
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- Laura Shoaf, Healthy Families Virginia
- Amanda Wheeler, Parents as Teachers Greater Williamsburg
- Alex Rooke, Early Impact Virginia
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Wrap-up and Reflection