


Handle With Care- PEI

Engaging parents and community
in
promoting Mental Health in Children and Youth!



What is Mental Health?

- Promoting Mental Health:
Finding a Shared Language

video:
<https://www.porticonetwork.ca/web/hprc/home>



Why Handle with Care?

It is a program that reflects trust, honor, respect,
caring and collaboration and most of all,
instills confidence & hope
to all kinds of families every everywhere.

Messages in Handle with Care

- ✓ mental health is critically important for children & youth,
for all of us , to flourish, thrive and be healthy in mind,
body and spirit.
- ✓ parents, & caregivers play an important role in
strengthening the mental health of children & youth.
- ✓ parents know their children best; every parent wants
what's best for their child.

Why Handle with Care? Messages in the program.....

- ✓ positive relationships between parent and child are investments in the child's future
- ✓ caring for children is both challenging and rewarding
It is one of the most important things a person can do
- ✓ It is never too late to for parents build a trusting relationship
✓ with their child
- ✓ well-being of the caregiver is important, too.
- ✓ everyday interactions are rich opportunities to promote social and emotional well-being

Sara's story

- A journey of enthusiasm, commitment and joy!



Handle with Care brings....

- focus on building individual skills and building community capacity
- collaborative, evidence based approach
- new paradigm for positive, everyday interactions and healthy emotional environments
- strategies and program delivery based on community input and a mutual support model

How is HWC delivered?

- **Let's imagine a session**

You would view a trusting environment. Moments of participants and facilitators being both teacher and learner, each listening intently to each other.

You would hear stories , experiences shared and lessons learned; moments of reflection, moments of laughter, conversation and sometimes tears in those ah- ha moments.

You would see caring, understanding, respect and honor in action!

You would hear how..

- Parents support each other in many ways, not only at the sessions.
- Some have come together to form walking clubs as a means of self care.
- Others have established a face book page where they can communicate with each other.
- Still others make play dates for their children and exchange babysitting services with each other.

What is Handle with Care?

- Introduction to the Building Blocks and how they work

Let's listen to Laurie a HWC facilitator/trainer from Winnipeg explain...

<https://www.youtube.com/watch?v=Wos5PxbZu-o>

Exploration and Experience

Components of Each Activity

1. Self Care
2. Key Message and it's importance to child &family
3. Activity: Postcard to Home (Activity #7; BB #1)
4. Discussion
5. Bringing it Home
6. Bringing it Together

Trying it out for ourselves!

- **Key Message**

“ Building trusting relationships with children is one of the most important things parents and care givers can do to promote children's social and emotional development or well being.”

Reflection:

- Activity at table

Brainstorm how building trust and attachment applies across the life span

1. infants/toddlers
2. 3 to 6 year olds
3. 7 to 12 years
4. teens
5. adults
6. seniors

We all need trusting relationships in our lives!

What is a trusting relationship?

It is warm and sensitive and responsive.

We trust others will do what they say they will do, and give them the space to be trustworthy.

It says, *“I am here for you when you need me;
I will do my best to understand what you need!”*

The meaning to a child-----

- *Listen a moment and hear from the voice of children what trust and attachment mean to them!*



HWC Quotes.wav



Activity: A Post Card from Home

Directions:

- Find materials in centre of table
- Choose one person in your family you want to provide a sense of security to or share your feelings with; e.g., communicate your love, caring, admiration for them.
- Draw, write or cut from magazine to make your post card.
- Place in envelope, seal it and write the person's address on it.
- Place in centre of table in a pile and we will pick up and mail.

Processing/evaluation

- Think about what kind of message children need to hear.
- What do you think your child's reaction will be?
- How will receiving this enhance your child's self-esteem?
- **Discussion:** How can you bring love and greater connection to your relationships with your children and the adults in your lives? (Bringing it Home!)

Putting it all together!

Key Message:

Building trusting relationships with children is one of the most important things parents and caregivers can do to promote children's social and emotional development (wellbeing)

Reflection: How has this activity prompted you to think about what you do to build trust and foster your relationships with children and other loved ones?

More reflection..

- How does the postcard show a validation or symbol of love and acceptance to a child?
- How does a personal message bolster children's self-esteem?
- How can role modeling various ways of expressing emotion be a foundation for Healthy relationships with others?

The bottom line is...

- We all need to feel loved and accepted for who we are, and just as we are.
- When we feel loved and cared for,
no matter what,
We can grow & learn to our full potential.

Your Questions...



Comments...

Thank you on behalf of all the parents and
children this program has touched.



*We are grateful for the opportunity to share a
little piece of this program with you!*