

Positive Solutions for Families



A guide for Pyramid Model Programs



WHAT IS POSITIVE SOLUTIONS FOR FAMILIES (PSF)?

PSF is a companion program to the Pyramid Model that is available to families in Nova Scotia through NSECDIS.

WHAT HAS BEEN DONE SO FAR?

Year 1: Nov. 2019 – Mar. 2020
Program offered in-person at 3 centres. These were halted due to Covid 19, adapted & completed online.

Year 2: Apr. 2020 – Mar. 2021
An online format, offered to 5 new centres in virtual format to families at these centres (English, French & Arabic). 23 families participated.

Year 3: Apr. 2021 - Mar. 2022
Self-directed video modules were created, 115 completed the program at their own pace from home.

Year 4: Mar. 2022- present
Worked with sub-committees in Indigenous communities, modules were adapted for First Nations families and piloted successfully in Sipekne'katik and Eskasoni

WHY SHOULD WE CONSIDER PARTICIPATING IN PSF?

Positive Solutions for Families is a user-friendly training series specifically for parents and caregivers developed by Centre on the Social and Emotional Foundations for Early Learning (CSEFEL). It aims to help promote positive and effective parenting behaviors and also promote children's social and emotional development.

It is based on the principles of the Pyramid Model and extends the work being carried out in childcare centres.

It includes parents and families and the important social and emotional connections that take place at home.

The PSF Program helps bring all of the Pyramid work being done in centres together with what is happening in children's homes.



WHAT DOES THE PROGRAM CONTENT LOOK LIKE?

The program consists of 6 modules:

Making the Connection

- Role of families in promoting social & emotional development
- Building positive relationships & playful interactions

Making it Happen & Why Do Children Do What They Do

- The importance of play and making friends
- Being clear with expectations and household rules

Teach Me What to Do

- Emotional vocabulary
- Emotional regulation
- Problem solving

Facing the Challenge (Part 1)

- Using positive behaviour strategies
- Logical consequences and providing choices
- Redirection and teaching new skills
- Staying calm and positive encouragement

Facing the Challenge (Part 2)

- Examples of challenging behaviour & prevention strategies
- How to be a behaviour detective

Routines

- Learn to use the Family Routine Guide to identify supports for use with children during daily routines.

HOW IS THE PROGRAM DELIVERED?

- **In person facilitated sessions** that are facilitated by NSECDIS Developmental Interventionists (DIs) over 6 in person sessions (usually 1/week). The sessions are held at the child care program, with centre staff providing the child care. A simple family meal is provided and shared with the centre staff remaining on site. A Family Workbook is also provided.
- **Online facilitated sessions** that are also facilitated by NSECDIS DIs over 6 sessions (usually 1/week). The sessions are held online using Teams (iPads are available for loan to families to support the 6-week program). A Family Workbook is also provided.
- **Self-directed modules** are accessed through the NSECDIS LMS system – families link to the session through the NSECDIS website. Families would have access to the 6 modules for a 6-week period. A Family Workbook is also downloadable through the website.

Versions Available: English, French, Arabic and Indigenous adaptation.



COFFEE CHATS

The Positive Solutions for Families modules can be delivered as mini modules through casual Coffee Chats.

These modules include topics such as:

- Feelings
- Emotional Regulation
- Making and Using Visual Supports
- Understanding the Meaning of Behaviour
- Routines

Each Module/Folder Contains:

- Family invitation with introductory information about the session
- A brief Facilitator Guide to guide an educator through the steps of the session
- Handouts to accompany the topic
- Sample make and take activities

The materials and handouts can also be downloaded from the NSECDis website as needed. The mini modules can be used as a follow-up to the Positive Solutions for Families workshops as a way to link the workshops to their child program and their home. They are a great opportunity for educators to connect with families about Pyramid Model principles and engage in discussions about social emotional development and behavior. These mini modules can also be used on their own with families who are unable to attend the full Positive Solutions for Families modules.

WHAT ARE THE NEXT STEPS?

If your program would like to explore participation in the Positive Solutions for Families options, you can:

- Complete the Positive Solutions for Families Indicator Checklist
- Discuss as a Leadership Team which option is the best fit for your program at this time
- Reach out to your Coach Team Lead to discuss next steps on getting started with adding Positive Solutions for Families to your family engagement strategies





Indicator Checklist

In-Person

Facilitated Sessions

(6 sessions offered at your childcare centre, facilitated by Developmental Interventionists)

- Do we have adequate space to host in-person sessions?
- Do we have staff willing and able to stay later in the evenings to provide childcare while parents attend sessions?
- Would we have enough parents interested and able to attend once a week sessions for 6 weeks (min 3/max 8)?
- Would language be a barrier for participation? (offered in English, French & Arabic)

Online

Facilitated Sessions

(6 sessions offered online, facilitated by Developmental Interventionists)

- Are we able to help recruit parents to participate in online sessions?
- Would we have enough interested parents (min 3/max 8)?
- Would parents have the technology needed to be able to participate in online sessions? (iPads may be available for loan)
- Would language be a barrier for participation (offered in English, French & Arabic)?

Self-Directed

Online Video Modules

(6 pre-recorded video modules families can access independently, in their own time)

- Are we able to help recruit parents to participate?
- Would we have parents interested in participating?
- Would access to technology or language be a problem? (iPads may be available for loan; program available in English, French and Arabic)

Coffee Chat Kit Boxes

(Handouts, activities centre staff can share with families during informal "coffee chats" at the centre)

- Do we have parents who would be interested in attending informal sessions at the centre?
- Do we have staff who would be interested and able to host the sessions/facilitate the Coffee Chats?
- Do we have space available at our centre to host a group of parents?

When evaluating your centres' readiness to begin offering some social/emotional support to families through the above mentioned Positive Solutions for Families resources, we encourage you to reflect on the above questions for each to see which option(s) might be the best fit for you at this time.