

WithinReach™
2025 LEARNING SERIES

NAVIGATING PARENTING
IN TIMES OF CRISIS

February
24 - 28, 2025

Noon to 1 p.m.

Parents deserve
more than just
survival.



Welcome and Land Acknowledgement

We want to acknowledge that we occupy the ancestral lands of the Coast Salish Peoples, in particular the Tulalip, Snohomish, Stillaguamish, Suquamish, Muckleshoot, Nisqually, Puyallup, and the first people of Seattle, the Duwamish People, past, present and future. We honor with gratitude the land itself.

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NAVIGATING PARENTING
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Friday, Feb 28
noon - 1 p.m.



Betty Peralta



Amelia Bolyard



Faith Eakin



Beth Crispin

Parenting with Joy and HOPE: Building Resilience and Well-Being
through Stress Response and Positive Experiences



HOPE[®]

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Presented by:

Beth Crispin & Faith Eakin

Seattle Children's Hospital



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

TuftsMedicine
Tufts Medical Center

THE **JPB** FOUNDATION



The HOPE Framework:

- HOPE is a strengths-based framework that promotes access to positive childhood experiences (PCEs), and wraps around the work providers, organizations, and families are **already doing**.
- Is based on the understanding that every child needs PCEs and everyone can promote PCEs.
- Helps drive healthy development and mitigates the negative effects of adverse childhood experiences (ACEs).



Core assumption

of the Science of the Positive:

The **positive** exists, it is real
and worth growing.

Positive experiences:

- Promote children's **health and well-being**
- Allow children to form strong **relationships** and connections
- Cultivate positive self-image and **self-worth**
- Provide a sense of **belonging**
- Build skills that promote **resilience**

Linkenbach, J. (2007, 2018). The Science of the Positive: The Seven Core Principles Workbook: A Publication of The Montana Institute, LLC.



A group of diverse young children are sitting together, looking towards the left. In the foreground, a girl with brown hair and a blue and white striped shirt is looking down. Behind her, a boy with blonde hair and a white shirt with suspenders is smiling. To his right, a girl wearing a pink and white patterned headscarf is looking forward. Further right, a girl with dark skin and a blue polka-dot shirt is smiling, and a girl with blonde hair and a blue shirt is partially visible on the far right. The background is blurred, suggesting an indoor setting like a classroom or playroom.

Yet, we tend to focus on the negative

Addressing problems and deficits is vital, and yet it is a mistake to overlook the positive experiences that prevent, mitigate, and support healing from childhood trauma.

HOPE SHIFTS THE NARRATIVE

Positive experiences affect health outcomes. People are defined by their strengths as well as the challenges they face.

Developing the Positive Childhood Experiences (PCEs) score

- 2015 Wisconsin BRFSS
- ACEs Questions already in survey
- Added 7 PCE questions
- Correlated answers with reported adult mental health

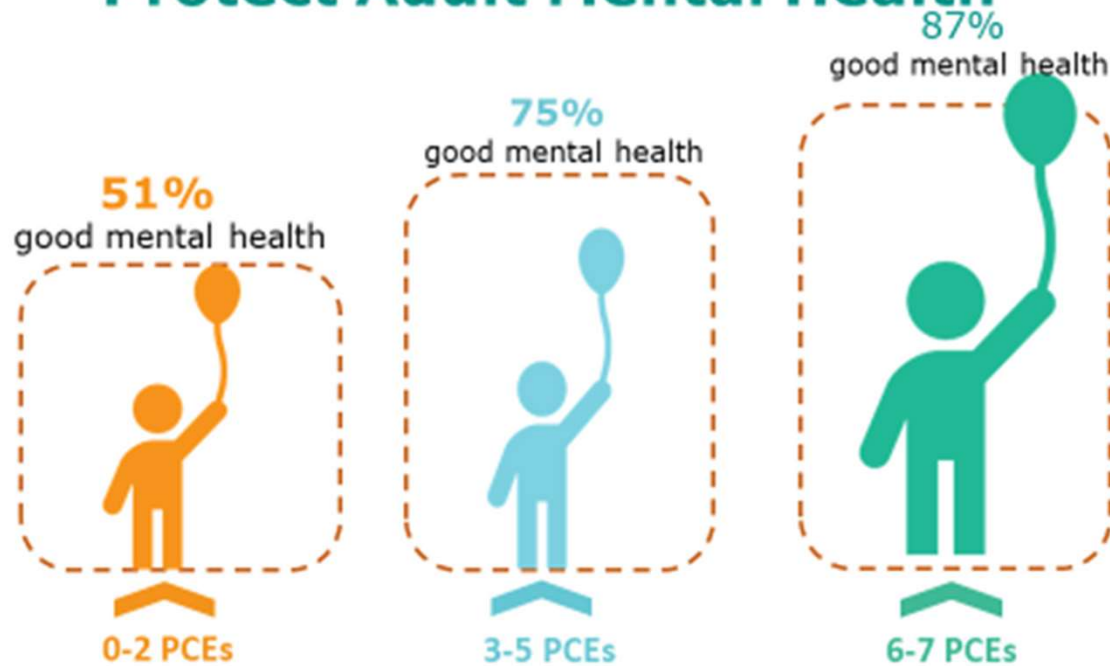


PCE's Scale Questions

As a child, how often did you ...

1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7. Feel safe and protected by an adult in your home

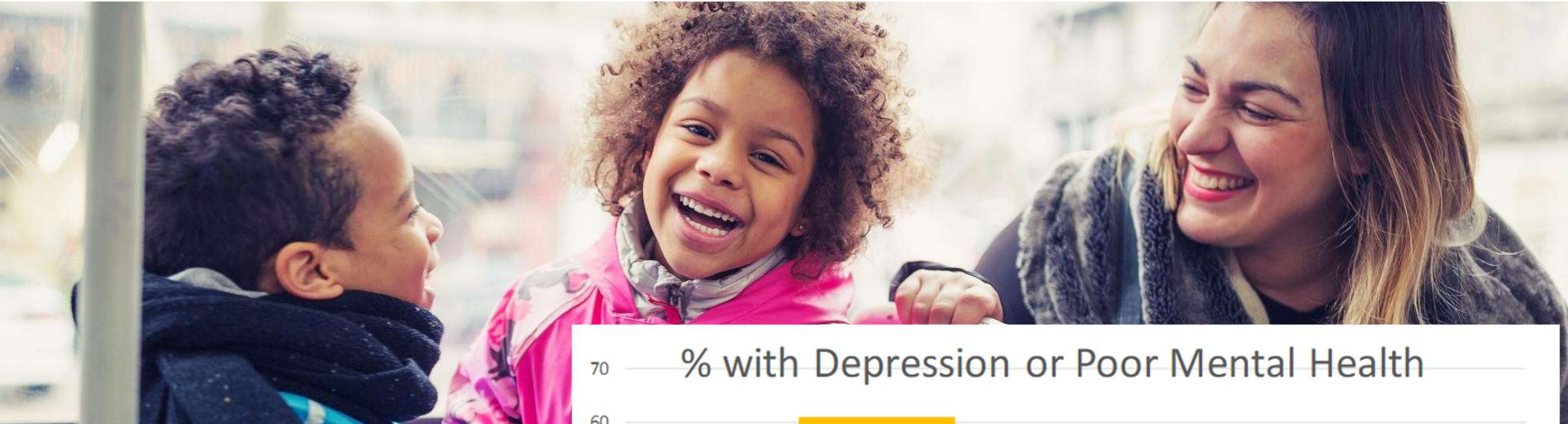
Positive Childhood Experiences (PCEs) Protect Adult Mental Health



Good mental health – those not reporting depression or poor mental health

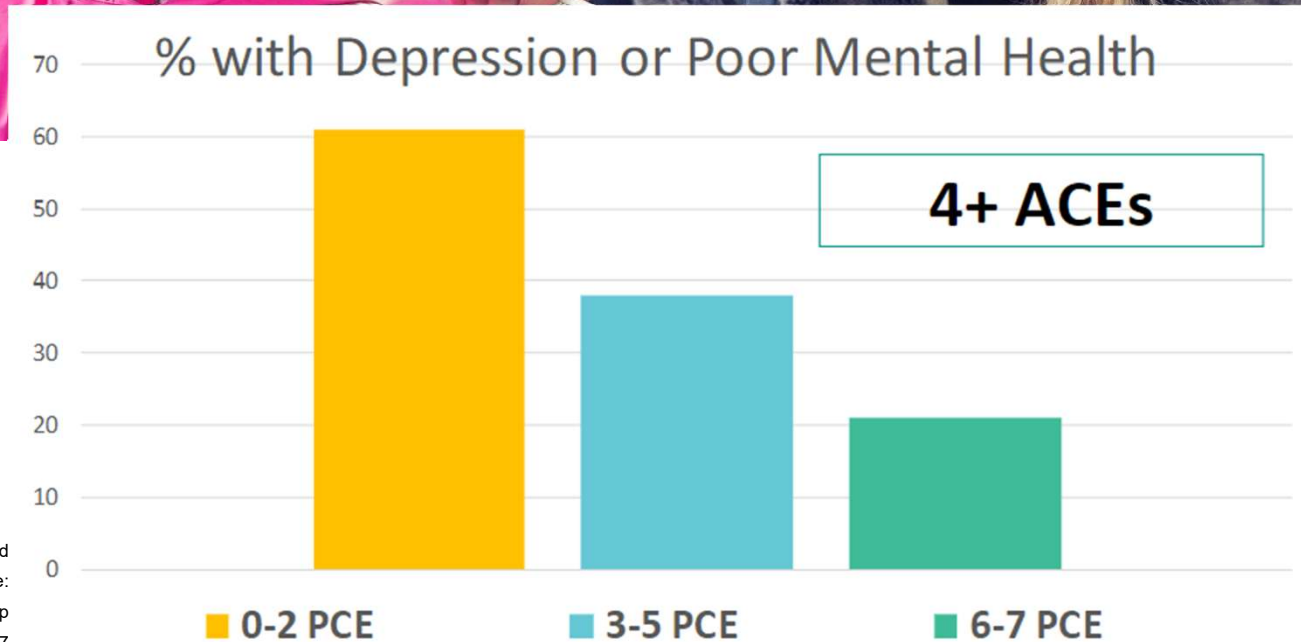
**PCEs
protect
adult
mental
health**


Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9;



PCEs reduce the effects of ACEs

Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9; e193007





Higher PCEs in Childhood Improve Adolescent Outcomes, Protects Overall Health and is Associated with Educational Attainment & Income

Lower Rates Of
Depression

Lower Rates Of
Heart Disease

More Likely To Be
Employed

Improved Physical
Health

Less Cigarette
Smoking

Less Alcohol
Consumption

Lower Lifetime Odds
Of Illicit Drug Use

Lower Lifetime Odds Of
ANY Substance Use



Better
Academic Skills

Improved
Mental Health



Research indicates that the absence of PCEs may be more damaging to long-term health and mental health outcomes than the presence of ACEs.



RELATIONSHIPS



ENVIRONMENT



ENGAGEMENT



EMOTIONAL
GROWTH

The Four Building Blocks of HOPE



Relationships



Stable nurturing **relationships** with other children and adults through interpersonal activities.



Pause & Reflect:

How do you promote relationships in your work?



Environment



Safe, equitable, stable environments for living, playing, learning at home and in school.



Pause & Reflect:

How do you promote safe & equitable environments in your work?



Engagement



Social and civic engagement to develop a sense of belonging and connectedness.



Pause & Reflect:

How do you promote safe & equitable environments in your work?

Emotional Growth



Emotional growth through playing and interacting with peers for self-awareness and self regulation.




Pause & Reflect:

How do you promote emotional growth in your work?



Simple ways to take action

- Learn more about HOPE. Start with yourself and take inventory.
 - Start a conversation about HOPE with the families you support. Ask about their PCE's and their access to the building blocks.
 - If you facilitate social drivers of health screenings, start with strengths and ask about building blocks and how they are accessing PCEs.
 - Help families access the building blocks by sharing specific resources and removing barriers.
 - Be patient- these conversations happen repeatedly over time after you have built a relationship with the family.
- 

Spreading HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

What is HOPE?

HOPE represents a paradigm shift in how we see and talk about the positive experiences that support children's growth and development into healthy, resilient adults.

Introductory Workshops

Join us for an interactive workshop on how to infuse HOPE into your work and gain a deeper understanding of the health impacts of positive childhood experiences. Workshops can be virtual or in-person.



THE SCIENCE

Understand the growing body of research showing how positive childhood experiences drive healthy development and mitigate the effects of adverse childhood events.

THE FOUR BUILDING BLOCKS OF HOPE

Learn about the key positive childhood experiences that help children grow into healthy, resilient adults and how our communities and our systems of care can provide access to them.

THE MINDSHIFT

Focus beyond ACEs to deepen our understanding and empathy, foster trust among families, and nurture anti-racist thinking to serve everyone without stigma.

To request a workshop email Beth.crispin@seattlechildrens.org or Faiith.eakin@seattlechildrens.org. We look forward to collaborating with you to plan a workshop for your organization. CME and CEU credits available.

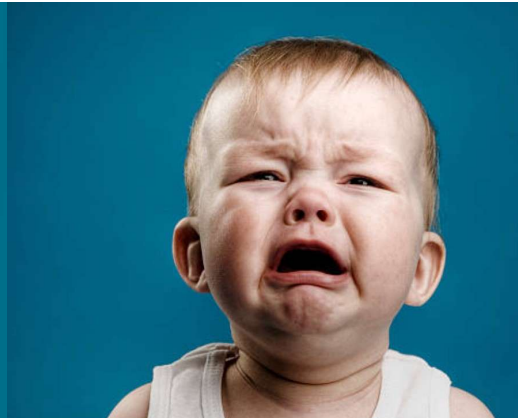
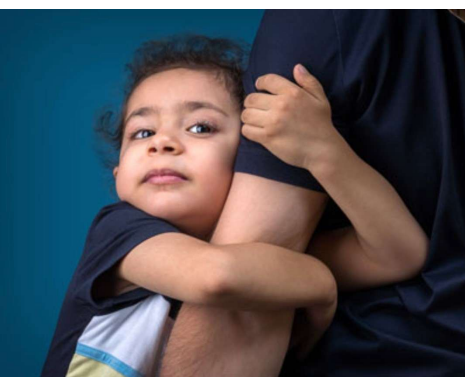
To learn more about the HOPE Framework visit: positiveexperience.org



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Developmental Challenges (including from trauma and neurodivergence) wire the brain for

THREAT.



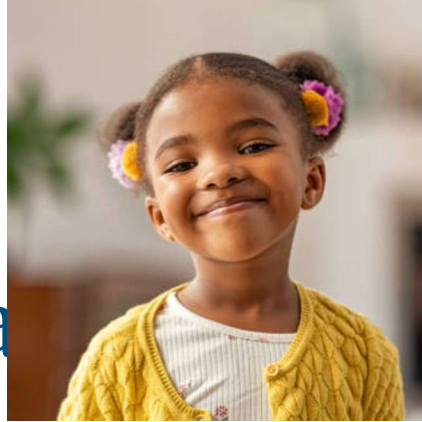
Joy

Wires the brain
for

SAFETY

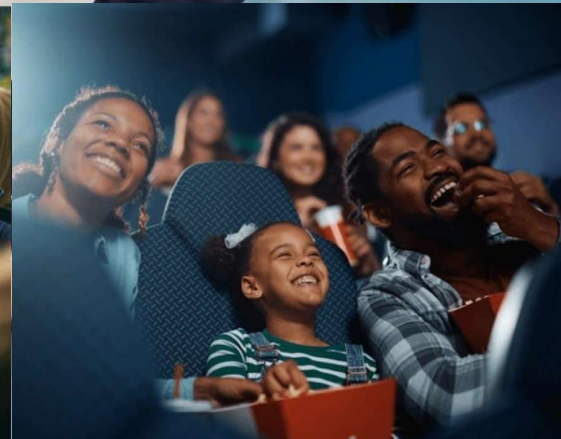
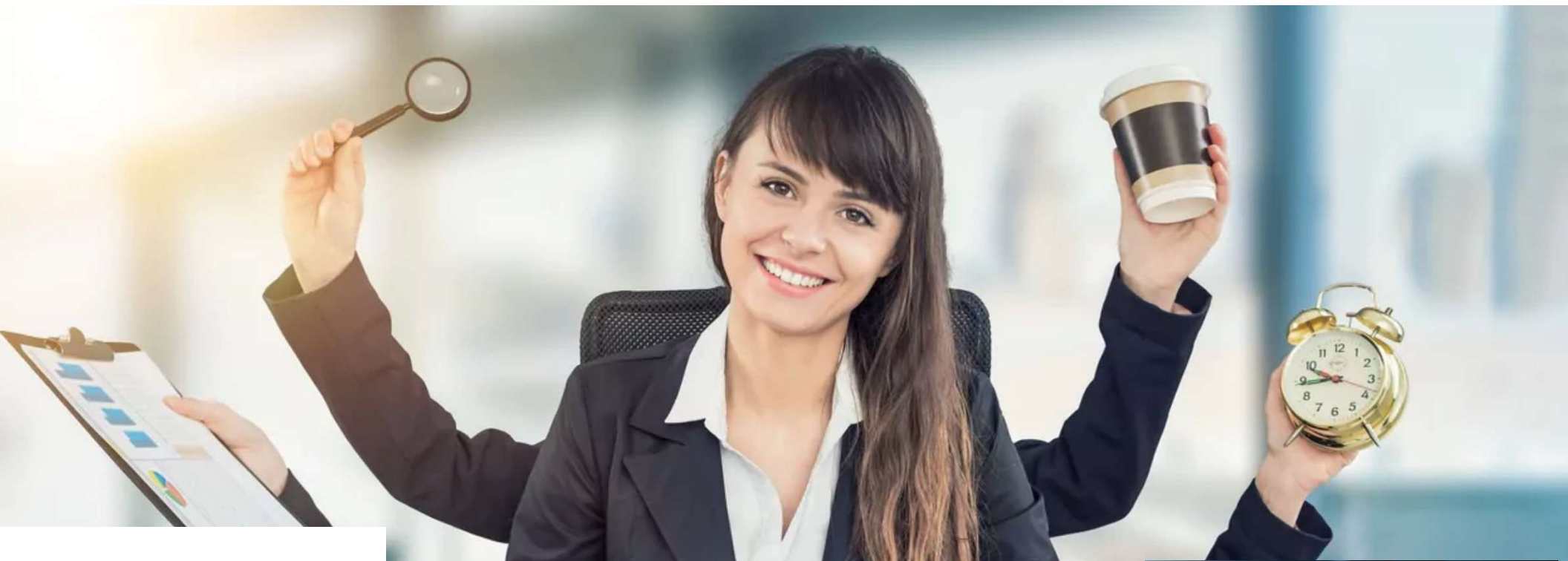
WHICH PROMOTES
ENGAGEMENT,
WHICH PROMOTES
DEVELOPMENT.





• Micromoments of Joy





Joy is in
the
details.



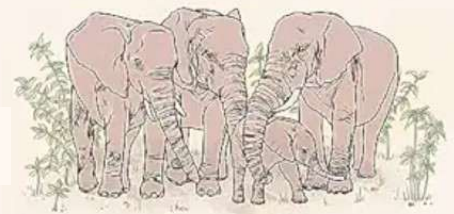


Joy-inhibiting Approach: **Managing** Children

Joy-promoting Approach: **Nurturing** Children

The Evolved Nest

*Nature's Way of Raising Children
and Creating Connected Communities*



Darcia Narvaez, PhD and G.A. Bradshaw, PhD
FOREWORD BY GABOR MATÉ

A photograph of a man and a young girl sitting on a grassy field. The man, wearing glasses and a white shirt, is leaning back and laughing heartily. The girl, wearing a pink shirt, is looking at him and smiling. The background is a soft-focus green field with trees in the distance. A semi-transparent white banner is overlaid across the middle of the image, containing the text 'Three Ingredients for Joy:'.

Three Ingredients for Joy:

1. Connectedness

Edward L. Deci and Richard Ryan

A photograph of a young child, likely of East Asian descent, crawling on a blue patterned mat. The child is wearing a pink headband with a large bow and a white dress with a pink floral pattern. Two adult hands are visible, supporting the child from behind. The background is a bright green wall.

2. Competence

Edward L. Deci and Richard Ryan



3. Autonomy

Edward L. Deci and Richard Ryan

**Joy-
inhibiting
Paradigm:
Children Need
to Comply**



What does this paradigm do to children's sense of...
Connectedness?
Competence?
Autonomy?

Joy-Generating Paradigm: Curiosity to Collaboration



Hunter-Gatherer child rearing respects the child's





Inuit



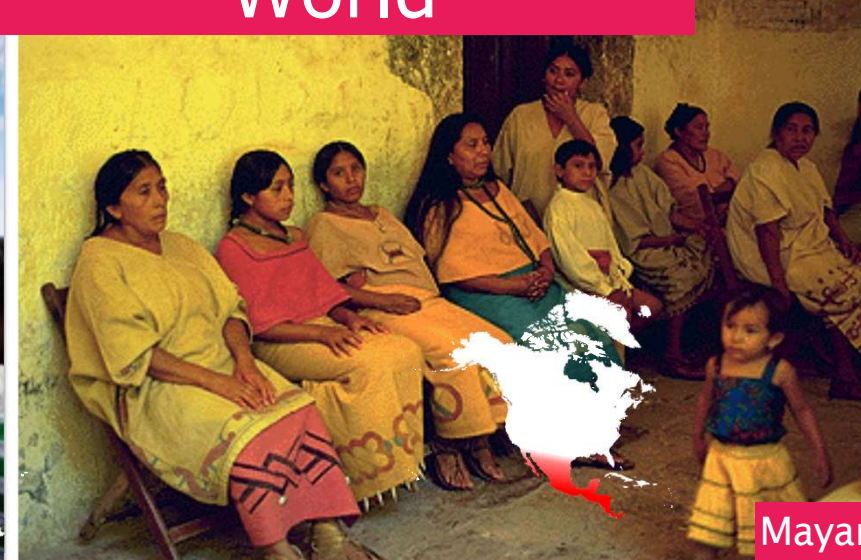
Melanesian



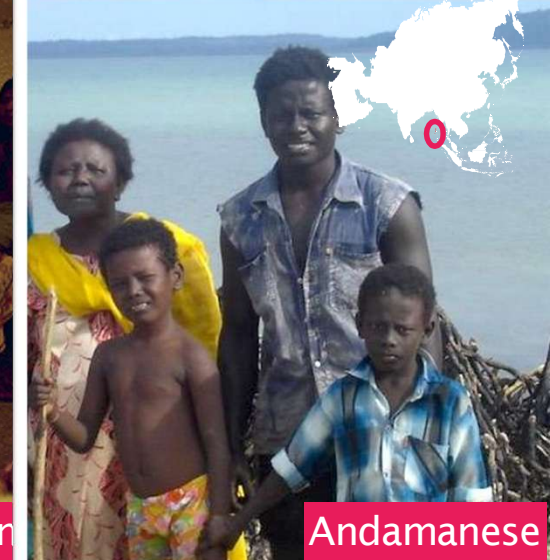
Sukuma



Agta (Eye-ta)



Mayan



Andamanese

All Around the World



Hunt, Gather, Parent



READ BY
THE AUTHOR

What Ancient Cultures Can Teach Us
About the Lost Art of Raising Happy,
Helpful Little Humans

MICHAEELEN DOUCLEFF, PhD

Collaboration
takes more
time.





**Joy-Inhibiting Deeply Held Societal
Belief:**

Never Enough Time

What does this “not-enough-time” paradigm do to children’s sense of...

Connectedness?

Competence?

Autonomy?

Joy-Generating Paradigm: Time is Love



Time is
Love

Threshold Practice



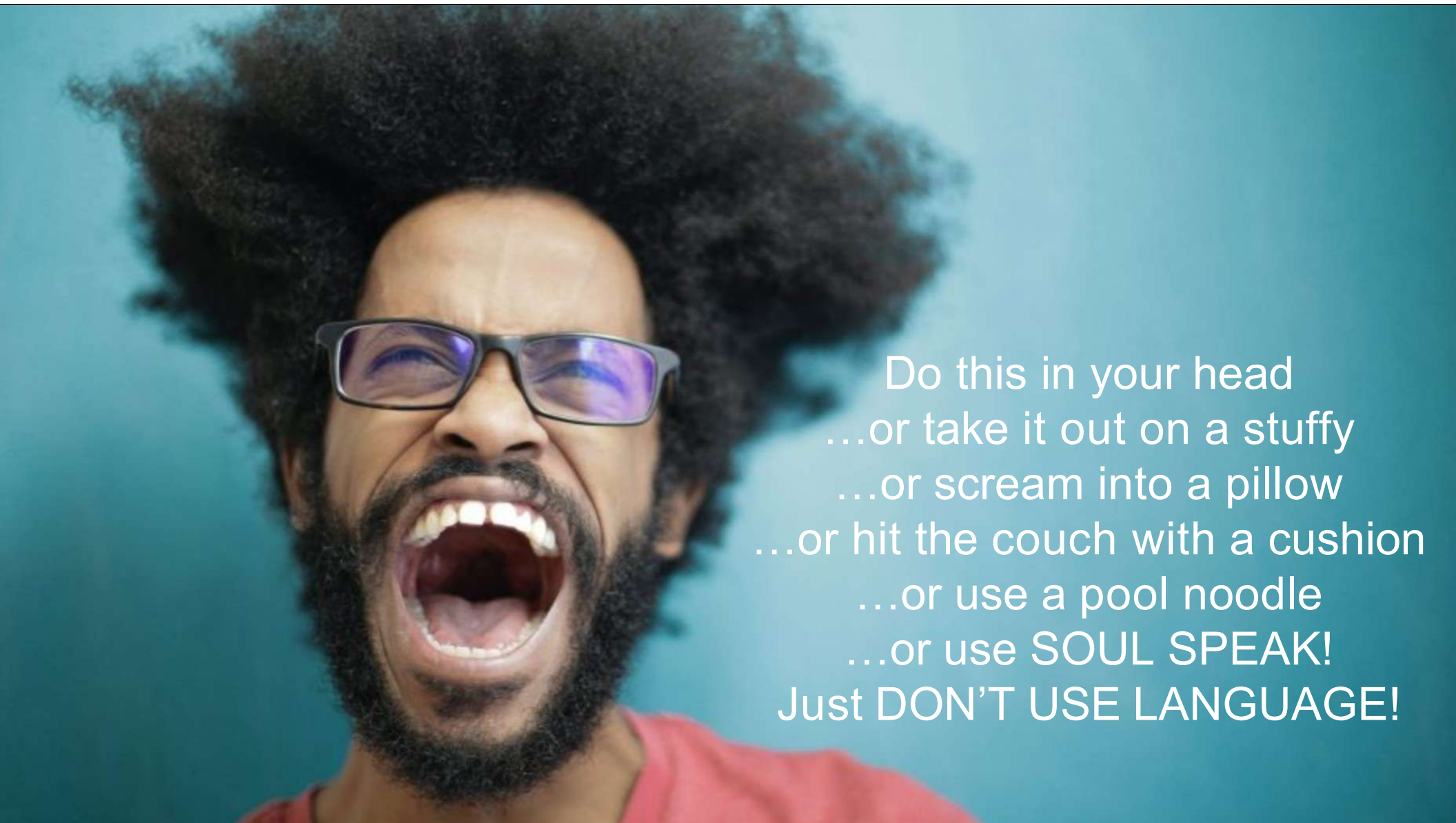


Time is
Slow... **Honey**
Sweet...
Soothing.

Find Your Shift

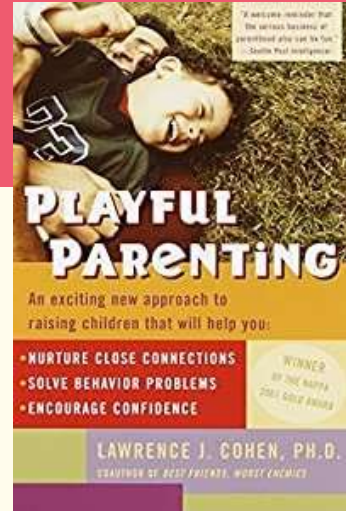


Better
Out
than
In!



Do this in your head
...or take it out on a stuffy
...or scream into a pillow
...or hit the couch with a cushion
...or use a pool noodle
...or use SOUL SPEAK!
Just DON'T USE LANGUAGE!

Trust Joy



Follow the giggles

Lessons come later

Repeat what works

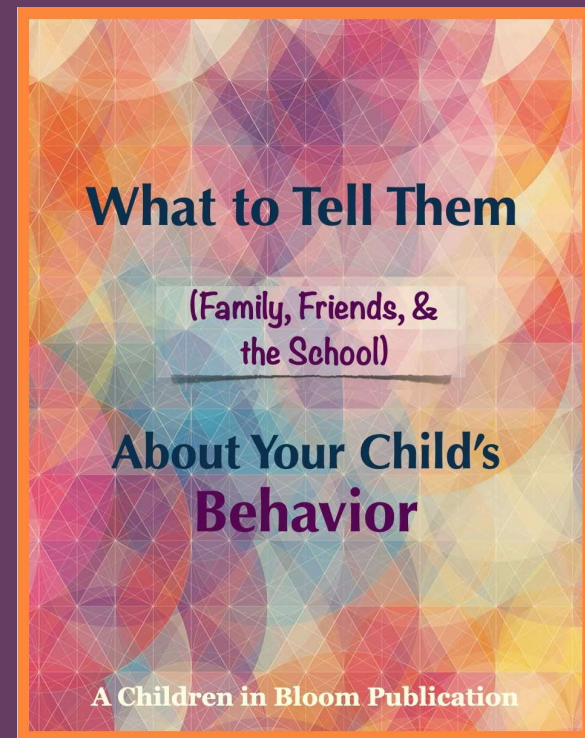
Prioritize joy



“Nothing Serious is Going On”



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ChildrenInBloom.org**



...and get our free e-book!