



Clearinghouse on Supervised Visitation Phone Conference/Webinar Agenda



Wednesday, September 15, 2021

12PM/11CT

Discussion

1. Welcome and Announcements – Everyone is invited!
2. Check the listings on the website to ensure your program information is up to date and correct for the quarterly report. If you need to add or change anything email Lyndi Bradley at lbradley2@fsu.edu
3. Time to enter data!
4. Program narratives are due NOW!
5. Questions from Directors
 - Parents who won't wear masks
 - Parents who seem sick
 - Children who seem sick
 - Parents won't wash hands
 - Custodian wants visiting parent to wear a mask, visiting parent doesn't
 - Vulnerable staff or staff with vulnerable individuals in their care
6. September is National Suicide Prevention Month
7. Updates from DCF Summit: Moments of Impact
8. Communicating with Toddlers



Reminder to all programs: Time to Enter Data!

Don't miss the statewide mandatory rollup of data if you are funded at all by Access and Visitation Funding. If you need assistance with the database please contact Kelly O'Rourke, Clearinghouse Database Manager, at kelly_orourke@hotmail.com

Program Narratives are due NOW! Please have these submitted immediately! See examples online at:

<https://familyvio.csw.fsu.edu/sites/g/files/upcbnu1886/files/All%20FL%20Program%20Narratives%202019-2020%20Final.pdf>

National Suicide Prevention Month

September is National Suicide Prevention Month. Suicide is a serious epidemic and suicide rates are on the rise. As of last year, 3,567 people lost their lives as a result of suicide and roughly 610,000 adults reported suicidal thoughts, according to the National Alliance on Mental Illness.

Numerous risk factors can contribute to a person dying by suicide such as substance use, access to firearms, intoxication, serious or chronic medical illness, prolonged stress, history of abuse or trauma, recent tragedy, and gender.

A few more helpful statistics to remember:

- **More than 40% of adults in Florida reported symptoms of anxiety or depression**
- **5% of U.S. adults experience serious mental illness each year**
- **64.2% of Floridians age 12-17 who have depression did not receive any care in the last year**

Here are resources for anyone that may be experiencing suicidal thoughts:

- Call the **NAMI Helpline** at 800-950-NAMI (800-950-6864)
- **Text "NAMI" to 741741 if you are in a crisis**
- Call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255) or visit <https://suicidepreventionlifeline.org/>
- **The Trevor Project** is an organization that provides crisis support to LGBTQ+ youth who are under the age of 25. Call 1-866-488-7386.
- **Trans Lifeline** is an organization dedicated to assisting those who are transgender and in need of crisis support. Call 877-565-8860.
- Use resources like "**Black Mental Health Alliance**" to connect with mental health professionals <https://blackmentalhealth.com/connect-with-a-therapist/>

References

Risk of Suicide (n.d). NAMI.org. <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>

Suicide Prevention Awareness Month. (n.d). NAMI.org. <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

Communicating with Toddlers

Introduction

Toddlers and adults do not always communicate the same way. Parents may tell their toddlers to “go get dressed,” but the toddler might put on a tank top, shorts, boots, and a leather jacket while it’s 85 degrees outside. Toddlers don’t always understand the message that adults are trying to convey, which is why it’s good practice to communicate exactly what you need from your toddlers.

Objectives

- Understand the importance of communicating clearly with a toddler
- Understand the importance of consistency
- Discuss ways to validate the toddlers’ feelings
- Learn positive reinforcement techniques

Talking to Toddlers

When parents are communicating with their toddler, it is imperative that they tell the toddler what they need in a precise and exact way. According to the Child Mind Institute, “the clearer the directions, the more likely you are to get the desired result” (Jacobson, n.d.).

Toddlers need explicit direction. When telling a toddler to “put their things away,” they may simply place them on the floor or in the corner. Demonstrate to the toddler that their items should be placed in a designated place and be consistent with that.

Consistency in Communication

Many of us have been inconsistent in one way or another. Some of us may not like when others are inconsistent in their communication and toddlers are no different. Children learn through repetition. Repetition allows children to digest the information. Giving toddlers specific instruction and following

through with action makes it easier for toddlers to know what is expected of them (Jacobson, n.d.). Five more minutes should mean five more minutes, precisely.

Validating a Toddler's Feelings

Children may not react in ways that adults would agree with, however, it is important to validate their feelings when appropriate. Their feelings are just as intense as adults. Toddlers do not have much control over their lives, rightfully so, but as they grow, it is important for them to exercise their sense of autonomy (Jacobson, n.d.).

Ways to validate their feelings:

- Labeling the toddler's feelings is also important.
- Help them to understand words like sad, mad, happy, etc. because they may have trouble understanding how to put words to their feelings.

Positive Reinforcement

It's usually much easier to punish or criticize a toddler when they do things that adults do not like. As Dr. Phillips states, "we often give attention to things we don't want to see" (Jacobson, n.d.). Giving a big reaction to a toddler misbehaving can unfortunately give the toddler a reason to keep behaving poorly.

- Praise toddlers when they do what was told
- Redirect them to the correct action instead of giving too much attention to the negative behaviors
- Put more emphasis that they should be doing, instead of telling them what they should not be doing

Whenever parents are feeling overwhelmed, it is good to take a step back. This is also a good time to have the partner step in and assist. Although it may be difficult, take time to take a deep breath, collect yourself, and then deal with the toddler's behavior. Overall, parents and children need grace. During times of frustration, parents are able to model effective coping skills with their toddler. (Jacobson, n.d.). When parents make mistakes, take time to apologize to the toddler. This helps them learn what they should do if they do wrong.

References

Jacobson, R. (n.d.) *Talking to toddlers*. Child Mind Institute. Retrieved July 12, 2021, from <https://childmind.org/article/talking-to-toddlers/>

