Panelist

Gina Hernandez, Senior Vice President, Prevent Child Abuse New Jersey & Child Wellness Institute of New Jersey
Child Abuse and Neglect Prevention:
Staying Connected through COVID 19
All about connections!
Central Intake Success

- ASQ screening: online, at home
  - Families being linked to Early Intervention

- Quarterly community advisory board meeting zoom platform had more than 45 participants, including 7 parents;
  - parents talked about feelings and concerns
  - a local medical doctor presented on coronavirus and did Q&A
  - timely resources were shared during and after the call
  - local programs shared updates on their operations while working remotely.
Home Visiting Success!
Healthy Families home visitors continue to connect…

“If I did not have a home visitor to connect with me and support me, I would feel so lost right now….thank you Healthy Families!” - parent

Project Self Sufficiency home visitor
Home Visiting:
Healthy Families and Parents as Teachers
home visitors connecting...
Home Visiting:
Healthy Families and Parents as Teachers home visitors continue to assist...

Sussex County home visitors and families and children holding a VIRTUAL MOMMY PARTY on April 14th!
Home Visiting:
Healthy Families and Parents as Teachers home visitors continue to assist...

Cape May County Parents as Teachers home visitors and families and children holding a VIRTUAL Family Mask Making Activity
Home Visiting:
Healthy Families and Parents as Teachers home visitors continue to assist...

Cape May County Healthy Families home visitors & children!
Home Visiting:
From the voices of Healthy Families and Parents as Teachers families….

I’m very grateful to the program, because despite the difficult situation we’re all going through, they have found a way to continue helping us and giving us the support we need. For example, my baby was born a few days ago, and despite the quarantine they found a way to send me a car seat and a crib, so that my baby is safe. – parent of a newborn

As I was dropping food off to one of my less fortunate families I was greeted by the husband as he was working outside in the yard, the father thanked me many times and stated I was one of the reasons for them to get through this because of the food and calls to check in on them. He and his wife really appreciate everything our agency does.– Nancy, home visitor
Parent Linking Program connections!

Notice the pinwheel!!
NJ Diaper Network: 9,000 diapers so far..

Plus PURPLE onesies to prevent SBS/AHT
FIRST THINGS FIRST:

TIPS FOR PARENTS... and all of us!

RED BRAIN
GREEN BRAIN
Connect with yourself—confronted with the constant barrage of information, uncertainty, and day-to-day realities of caring for children, family, and loved ones, it is critical to find ways to connect with yourself.

- Turn off the media for a bit
- Journal or read
- Exercise
- Take a bath
- Smell something pleasant to you! (candle, oils, baking, cooking)
- Look at photos that bring you calm, joy
Ways to Stay Connected With Family

• Call/Skype/FaceTime/Zoom with family members
• Look at photo albums and discuss family heritage
• Create a family tree
• Write letters to/create cards for relatives
Ways to Stay Connected Friends

Connect with friends and neighbors—

• Go outside and greet and talk to neighbors and passersby from a safe distance

• Host a virtual meal

• Attend a virtual concert (“cloud clubbing”), church service, or exercise or yoga class

• Play an online game together

• Arrange a “parade” of cars/walking 6 feet away to celebrate occasions
Questions to Help Check in

Some questions you can ask:
• How has the stress level been in your home?
• How have you been managing the stress?
• How have your children been responding to the stay at home order?
• What is something positive you have learned about yourself since this pandemic?
• How have you seen yourself be resilient/strong? Your children?

Some ways to respond:
• Reflect and acknowledge what you hear
• Affirm the positive you hear
Resources

Resources for Parents

https://childwellnessinstituteofnj.org/resources/
Resources for Parents

Social Emotional Learning for Families

All behavior has meaning

All behavior has meaning. Usually a child’s behavior is their way of communicating a feeling or need that they aren’t able to express with words. Remember to ask yourself what the underlying feeling may actually be driving the behavior.
Resources for Parents

Free: offered to parents and kids…
Brain lessons, yoga, wellness and contests…
On Facebook Live and then You Tube:
https://www.youtube.com/watch?v=J7kwEl33z2I
THANK YOU!

Gina Hernandez, MA, LAC, CCTP
Senior Vice President
ghernandez@preventchildabusenj.org