



Search > **DON'T FORGET THE FAMILIES**
INSTITUTE
Tapping the Power
of Parent-Child Relationships

1

Search > **POLL**
INSTITUTE

What are you most interested in taking away from this webinar?

- A. Learn about the framework of developmental relationships.
- B. Understand the new research on relationships in U.S. families.
- C. Gain insights to strengthen relationships in my own family.
- D. Gain insights for strengthening my work with families.

Something else? Posit it in the comments box.



2



HOW WE GOT TO THE FOCUS ON RELATIONSHIPS

3

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More than 5 million youth surveyed across 25 years

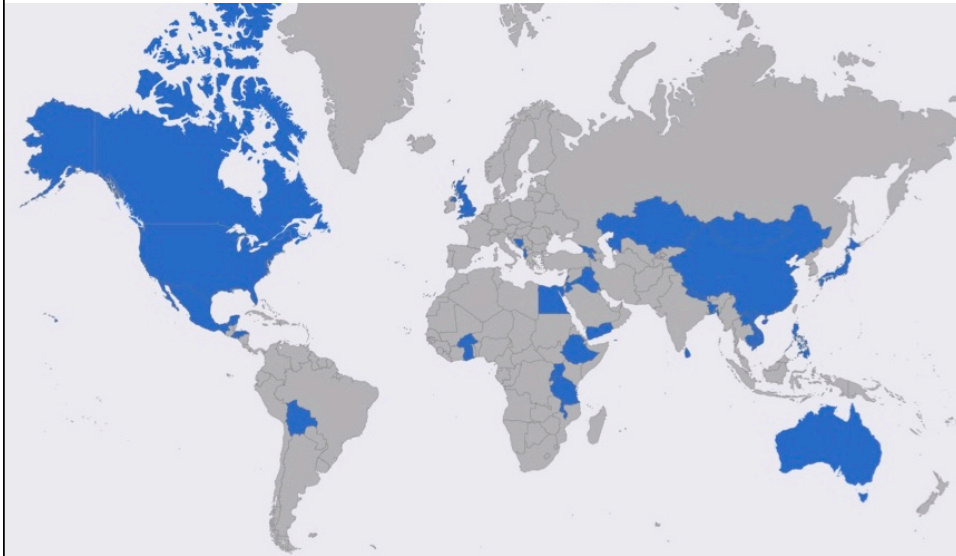
Developmental 40 Assets

- positive identity**
 - Personal Power
 - Self-Esteem
 - Sense of Purpose
 - Positive View of Personal Future
- support**
 - Family Support
 - Positive Family Communication
 - Other Adult Relationships
 - Caring Neighborhood
 - Caring School Climate
 - Parent Involvement in Schooling
- empowerment**
 - Community Values Youth
 - Youth as Resources
 - Service to Others
 - Safety
- boundaries & expectations**
 - Family Boundaries
 - School Boundaries
 - Neighborhood Boundaries
 - Adult Role Models
 - Positive Peer Influence
 - High Expectations
- constitutive use of time**
 - Creative Activities
 - Youth Programs
 - Religious Community
 - Time at Home
 - Bonding for Pleasure
 - Reading to School
 - Homework
 - School Engagement
 - Achievement Motivation
- commitment to learning**
 - Responsibility
 - Restraint
 - Honesty
 - Integrity
 - Equity and Social Justice
 - Caring
- positive values**
 - Peaceful Conflict Resolution
 - Resistance Skills
 - Cultural Competence
 - Interpersonal Competence
 - Planning and Decision Making
- competencies**
 - Interpersonal Competence
 - Planning and Decision Making
 - Interpersonal Competence
 - Resistance Skills
 - Peaceful Conflict Resolution

4



Youth Strengths Around the World



5



A PERSISTENT FINDING

**Relationships are at the heart of
how kids grow, learn, and thrive**

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“Almost without exception, the psychological well-being of mental health include positive relationships with others as a core component.” (Reis & Gable, 2000)


“Every kid needs at least one adult who is crazy about him or her.” (Bronfenbrenner, 1970)

“Relationships are the oxygen of human development.” (Bronfenbrenner, 2008)

7

“Whether the **burdens** come from the hardships of poverty, the challenges of parental substance abuse or serious mental illness, the stresses of war, the threats of recurrent violence or chronic neglect, or a combination of factors, the **single most common finding** is that children who end up doing well have had at least one **stable and committed relationship** with a supportive parent, caregiver, or other adult.”

National Scientific Council on the Developing Child (2015).



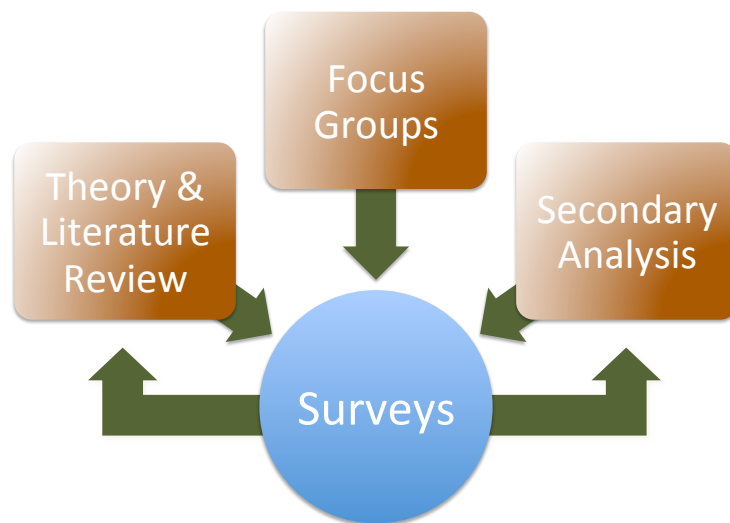
8

We know relationships matter. But ...



9

Investigating Relationships



10



Developmental Relationships

Close connections

through which young people

discover who they are,

Gain abilities to **shape their own lives,**

and learn how to interact with and

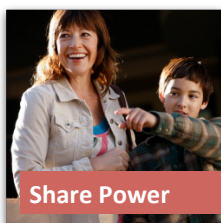
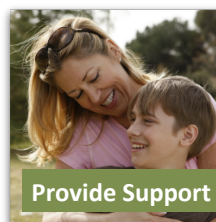
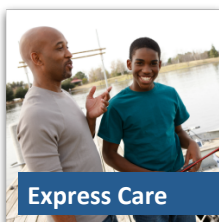
contribute to the world

around them.

11



Five Essential Actions



12

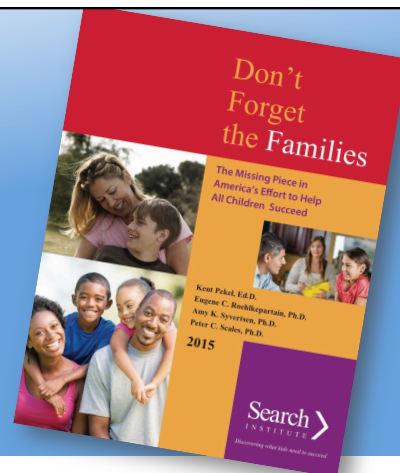
Pilot Studies Underway (2014-2015)

	Families with Children	Families with Teenagers	Youth on Teacher Relationships	Peer Relationships
Scope	National (online)	2 communities (rural, small city; Midwest & South)	1 community (small town; Northwest)	6 schools (Southwest, West, Midwest, Northeast)
Sample	1,085 parents of 3 to 13 year olds	633 parent-youth matched pairs (youth ages 10-18)	610 students in grades 6 to 12	Qualitative research (sets stage for quantitative studies)

13

JUST RELEASED!
DON'T FORGET THE FAMILIES

The Missing Piece in America's Effort to Help All Children Succeed



Download full and summary reports from
www.search-institute.org/dff

(Technical tables are also available)

With support from



14

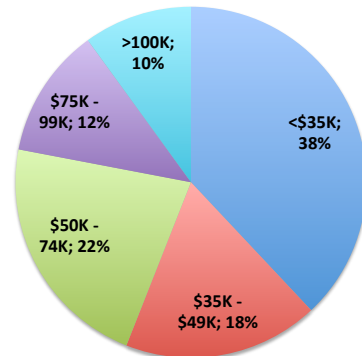


Sample Characteristics

1,085 U.S. parenting adults with 3- to 13-year-old

- 86% Birth or adoptive parent
- 65% Female
- 62% Married/civil union
- 55% Less than college degree
- 31% People of color
- 8% LGBT parents

Annual Family Income



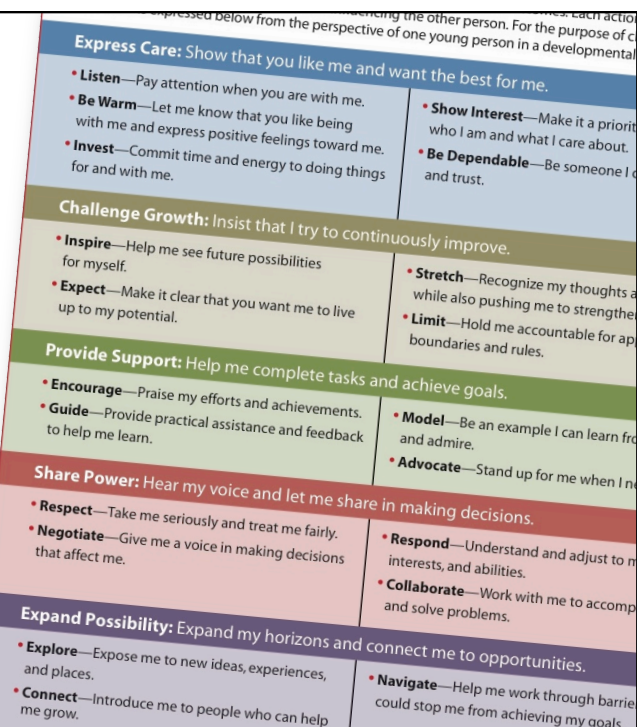
15



Developmental Relationships Framework

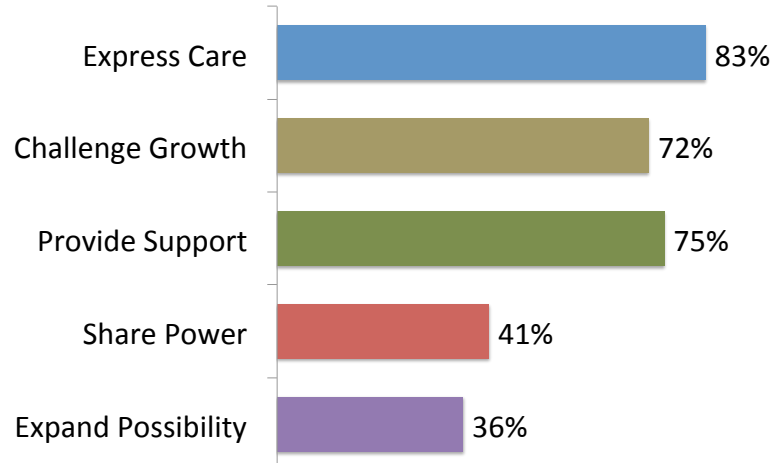
5 Essential Actions

20 Action Steps



Essential Actions

Parents with Children, 3-13

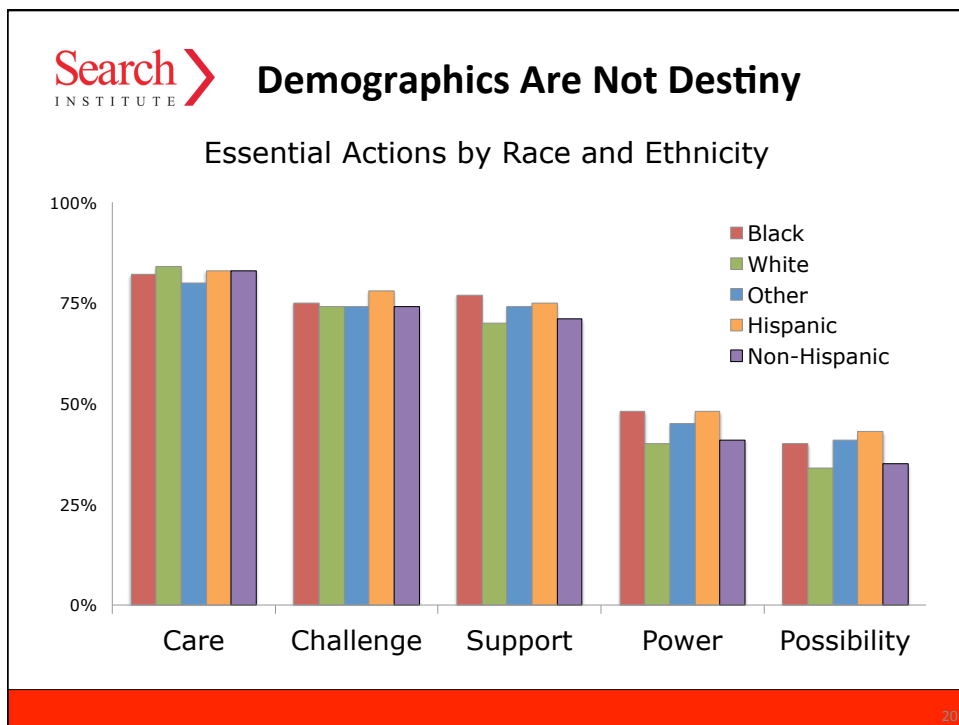
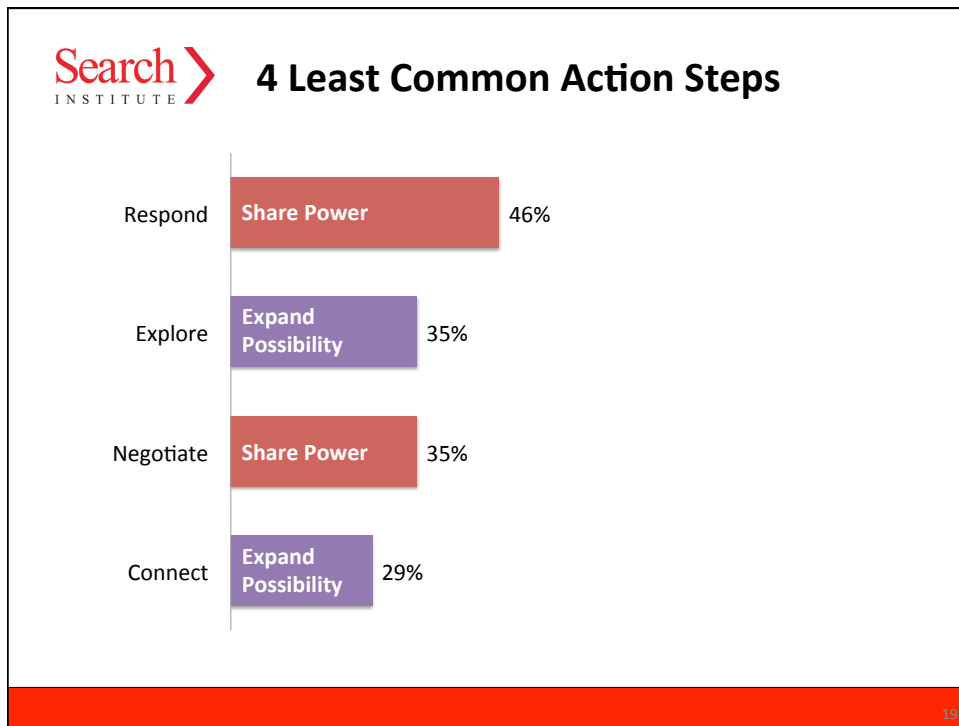


17

4 Most Common Action Steps



18





THE POWER OF DEVELOPMENTAL RELATIONSHIPS IN FAMILIES

21

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Developmental Relationships in Families

- Express Care
- Challenge Growth
- Provide Support
- Share Power
- Expand Possibility

Powerfully associated with

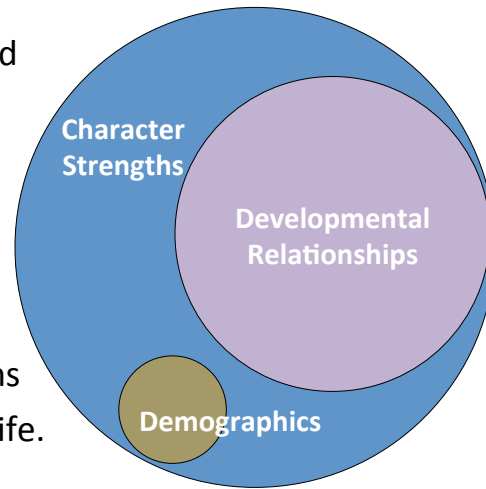
Character Strengths (composite measure)

- Concern for others
- Hopeful purpose
- Positive outlook
- Goal orientation
- Sparks
- Openness to challenges
- Transcendent awareness

22

Association with Character Strengths

The quality of parent-child relationships is 10 times more powerful than demographics* in predicting whether children are developing critical character strengths they need for success in life.

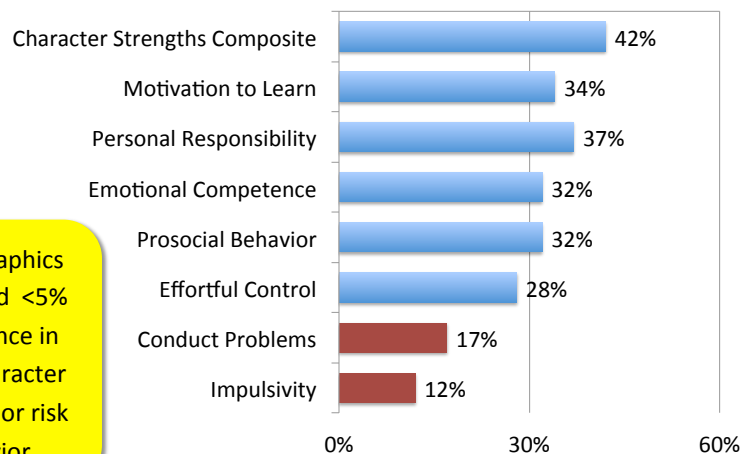


* Includes age, gender, race-ethnicity, immigration status, and financial strain

23

Contributors to Character Strengths

Variance Explained by Developmental Relationships



Demographics explained <5% of variance in each character strength or risk behavior.

24

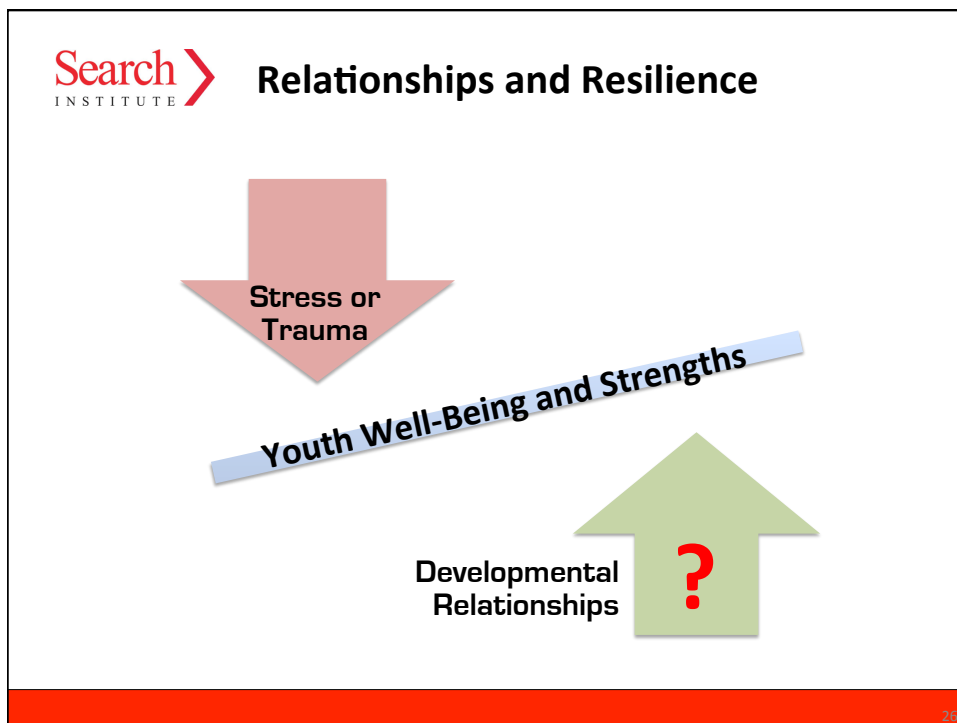
Search INSTITUTE **What Developmental Relationships Predict**

Developmental relationships and character strengths and risk behaviors

	Character Strengths	Motivation to Learn	Personal Responsibility	Emotional Competence	Prosocial Behavior	Effortful Control	Conduct Problems	Impulsivity
Express Care		↑			↑		↓	
★ Challenge Growth	↑		↑	↑	↑			
Provide Support				↓				
★ Share Power	↑	↑	↑	↑	↑	↑	↓	↓
★ Expand Possibility	↑			↑			↑	↑

↑ = Significant positive predictor ($p \leq .05$) ↓ = Significant negative predictor ($p \leq .05$)

25





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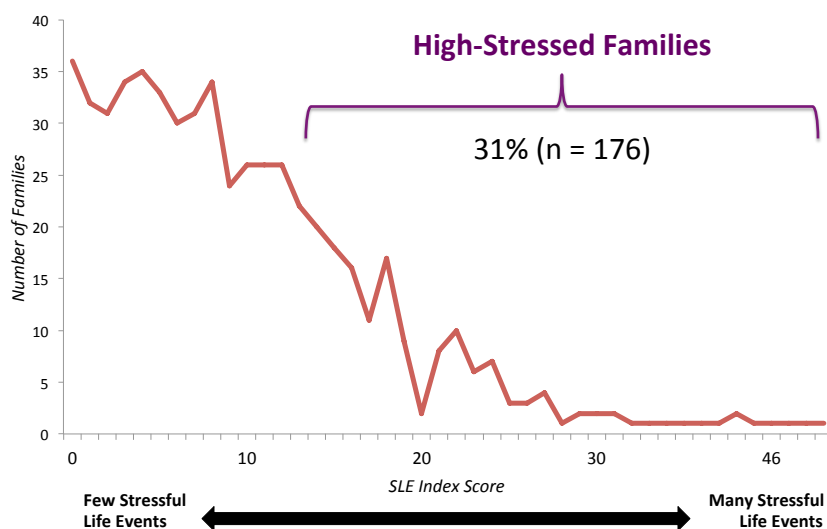
Stressful Life Events

- Separation or divorce
- Unemployment
- Serious accident or illness
- Disability or handicap
- Military deployment
- Victim of a crime
- Victim of violence
- Arrest or imprisonment
- Substance abuse
- Natural disaster
- Death of a family member
- Death of a grandparent
- Death of a friend



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Levels of Stressful Life Events





Relationships & Resilience



INFORMAL HELPING

21x



Relationships & Resilience



MASTERY MOTIVATION

19x



Relationships & Resilience



**PERSONAL
RESPONSIBILITY**

15x

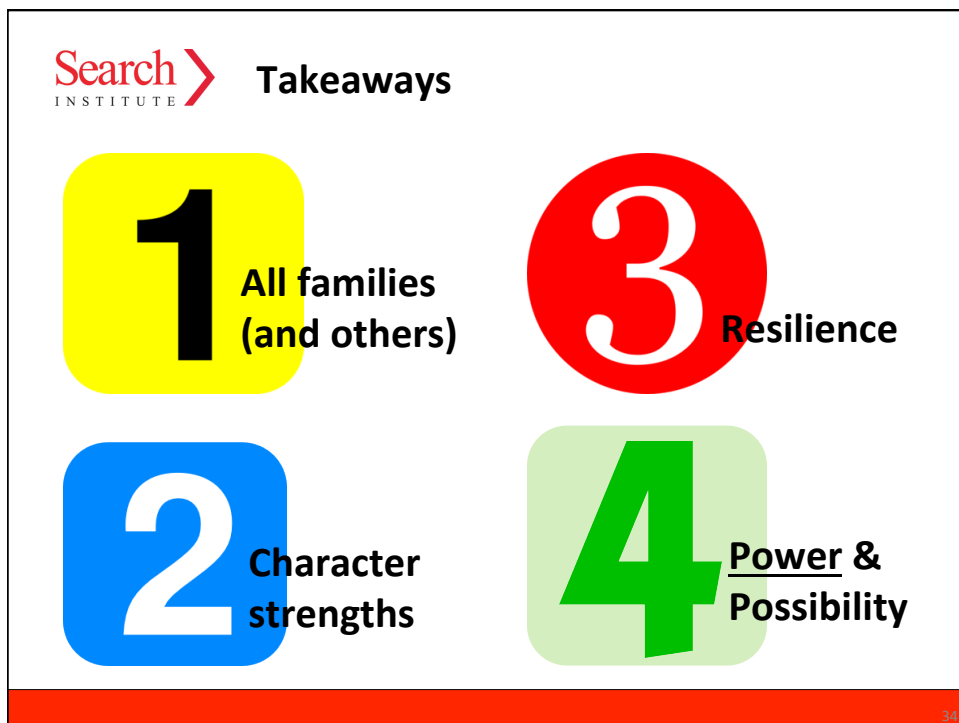
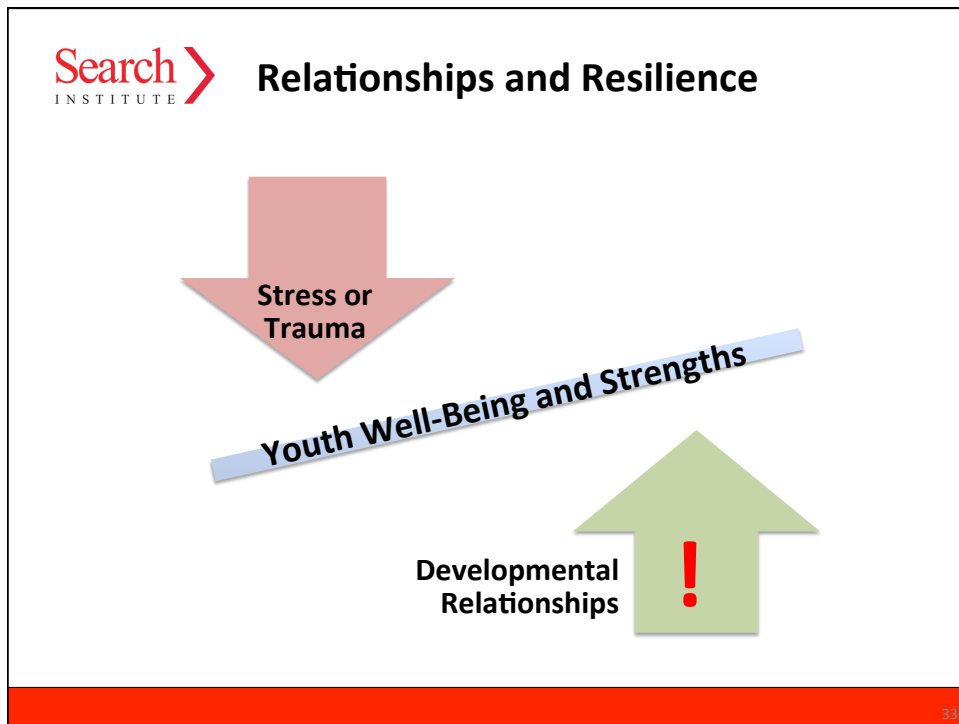


Relationships & Resilience



HOPEFUL PURPOSE

11x





POLL

Which of these four key takeaways do you believe is the most important for you in your work or family?

- A. All families can build developmental relationships
- B. Relationships are stronger than demographics in predicting character strengths
- C. Relationships contribute to resilience
- D. Share power and expand possibility are potentially fruitful areas for focus

Feel free to send comments in the chat box



35



STRENGTHENING FAMILY RELATIONSHIPS

Starting Points for Action

36

Search INSTITUTE > **Tips and Everyday Activities**

	Relationship Builder Activity	Tried It	How Did It Go?
Express Care	1. Unplug and focus	<input type="checkbox"/>	
	2. Say they matter most	<input type="checkbox"/>	
	3. Surface strengths	<input type="checkbox"/>	
	4. What's valuable to you?	<input type="checkbox"/>	
Challenge Growth	5. Letters to the future	<input type="checkbox"/>	
	6. Listing limits	<input type="checkbox"/>	
	7. Ready or not	<input type="checkbox"/>	
	8. Who has gone before?	<input type="checkbox"/>	
	9. Proudest moment	<input type="checkbox"/>	
Provide Support	10. Help reach a goal	<input type="checkbox"/>	
	11. Do what's right	<input type="checkbox"/>	
Share Power	13. Listen first	<input type="checkbox"/>	
		<input type="checkbox"/>	

Download from www.search-institute.org/dff

Bringing Developmental Relationships Home
 Tips and Relationship Builders for Families
 Search INSTITUTE
 Discovering what kids need to succeed

37

Search INSTITUTE > **ParentFurther**
 a Search Institute resource for families

Based on Developmental Relationships

Great Relationships Don't Just Happen.

Strengthen Yours Here.

Start with a short quiz about parent-kid relationships and preparing kids for success.

- Express Care
- Share Power
- Prevent Alcohol and Tobacco Use
- Spark Kids' Motivation

www.ParentFurther.com

38



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a Search Institute resource for families



ParentFurther

Strengthen Relationships Prepare for the Future Understand Ages & Stages

Quiz: Share Power

This 15-question quiz explores how you do and don't share power in your relationship with your child. Sharing power is more that who makes what decision. It focuses on the ways **everyone has a say** and each person influences the other.

As you complete the quick, focus on your experiences in the **past two weeks**. If you have more than one child, think about one of them while you're taking the quiz. You might then repeat it for your other child or children.

Collaborate

SECTION 1

- How often do you work with your child to do the following?


39



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ParentFurther

Strengthen Relationships Prepare for the Future Understand Ages & Stages

Quiz: Share Power

Challenge Growth: Learn About It

Challenge Growth

Quiz: Challenging Growth

[Learn About It](#)

- Why Challenging Growth Is Important
- Getting the Balance Right
- How Challenging Growth Works
- How Do U.S. Families Challenge Growth?
- Talk About It
- Try It
- Take It Further

What Does It Mean to Challenge Growth?

As humans, we naturally **take risks and compete with each other**. We also like to be **physically and mentally stimulated**. It's how we have survived. In other words, "challenging ourselves and each other is a part of human nature."

Parenting relationships also challenge our kids to grow, learn, and improve. We hold them accountable and guide them in positive directions. We do this by setting appropriate boundaries, rules, and limits. Often, our kids also challenge us.

Challenging growth involves these four actions:

- Inspire**—Help me see future possibilities for myself.
- Expect**—Make it clear that you want me to live up to my potential.

A Parent's Perspective

Being willing to kind of push them beyond what they even believe they can do. That's kind of how we operate in our house.

From a Search Institute focus group with parents (2013)

40



THINK ABOUT IT

LEARN ABOUT IT

TALK ABOUT IT

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ParentFurther

Strengthen Relationships Prepare for the Future Understand Ages & Stages

[About Parent Further](#) [Register or Log In](#)

Quiz: Share Power

Challenge Growth: Learn About It

Expand Possibilities: Talk About It

Expand Possibilities

Quiz: Expand Possibilities

Learn About It

[Talk About It](#)

Try It

Take It Further

What Worlds Can You Open Up?

It can be exciting and stimulating for family members to help each other expand their horizons and explore new possibilities. Talk together about how people have opened up possibilities for you—and other horizons you'd love to explore together.

Discussion Starters with Your Kids

1. What is one thing you really enjoy (such as music, ideas, foods) that

A Young Person's Perspective

Relationships are important to me because there are different people out there, different points of view. They live different lives, and they



THINK ABOUT IT

LEARN ABOUT IT

TALK ABOUT IT

TRY IT

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ParentFurther

Strengthen Relationships Prepare for the Future Understand Ages & Stages

[About Parent Further](#) [Register or Log In](#)

Quiz: Share Power

Challenge Growth: Learn About It

Expand Possibilities: Talk About It

Challenge Growth: Try It

Challenge Growth

Quiz: Challenging Growth

Learn About It

Talk About It

[Try It](#)

Inspiration that Motivates

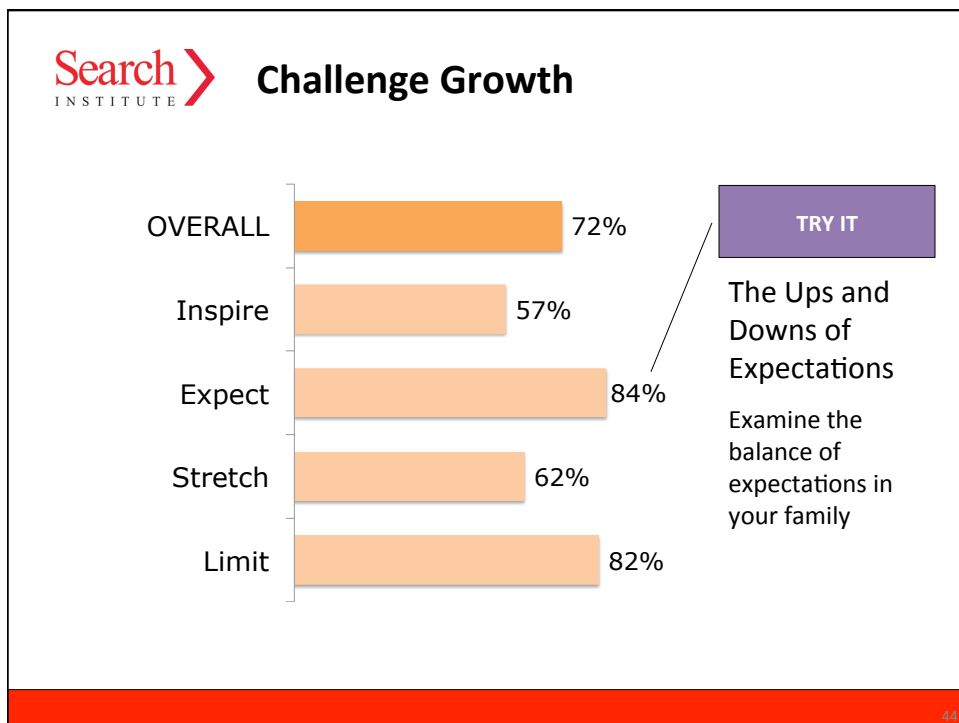
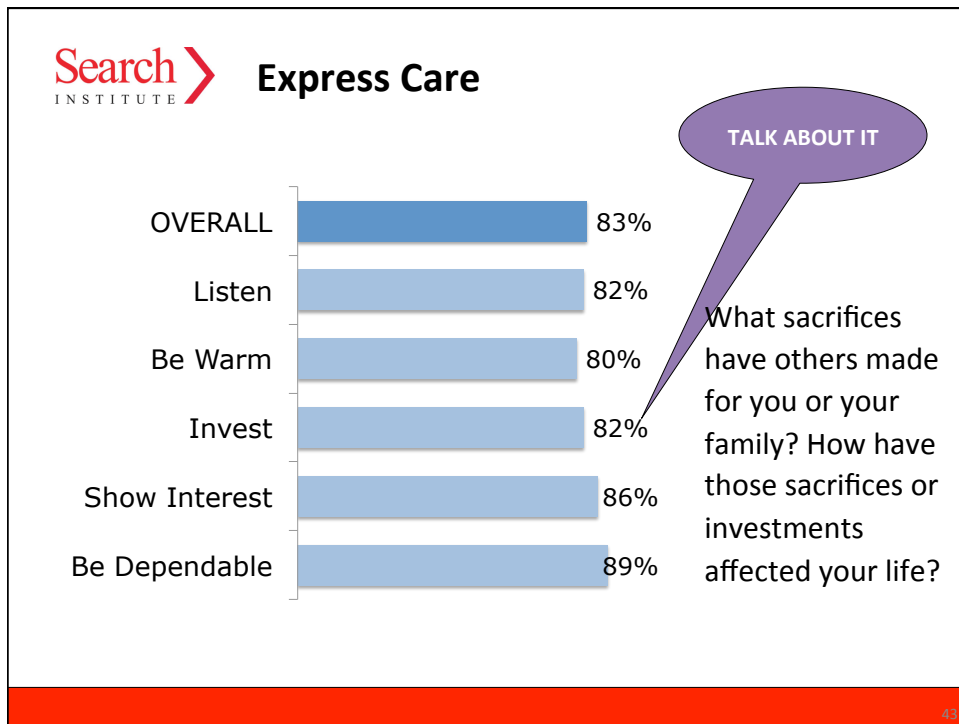
What Do We (Really) Expect Of Each Other?

Stretching Exercises

Practical Ways to Challenge Growth

Relationships are stronger when family members **challenge each other to learn and grow**. Experiencing this challenge in your family is a particularly important part of growing up well, but the value of being challenged to learn and grow continues throughout our lives. Through these activities, your family can explore the ways you inspire, expect, and stretch each other to press toward **goals that matter for you**.





Search INSTITUTE > **Expectations Map**

Plot expectations in your family about these areas:

1. Appreciation for your culture
2. Chores and household responsibilities
3. Health, diet, and exercise
4. Religious or spiritual commitment
5. School achievement
6. Screen time (computer, phone, video games, TV)
7. Shared family meals, curfews, or other routines
8. Treating people who are different from your family
9. Tobacco or alcohol use
10. Values such as honesty, integrity, and caring
11. Community or political involvement
12. _____
13. _____

45

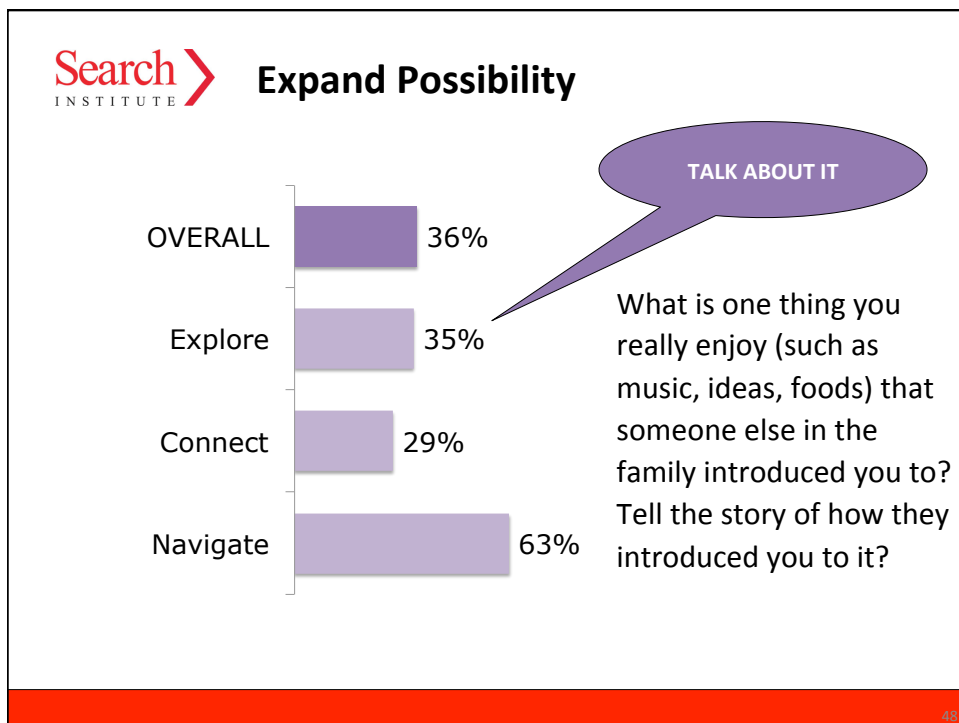
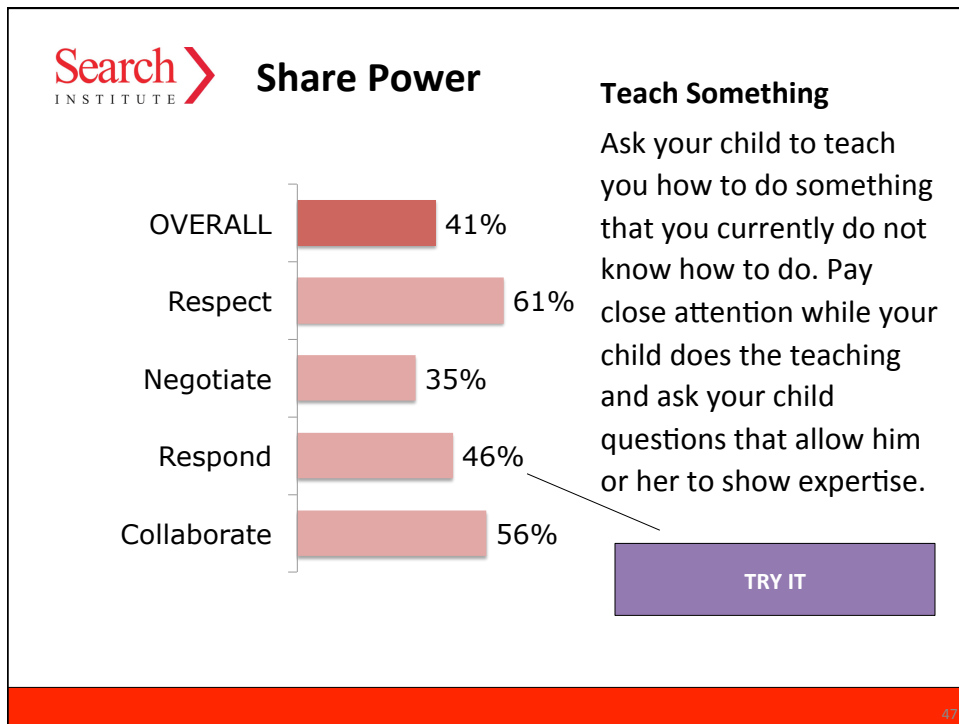
Search INSTITUTE > **Provide Support**

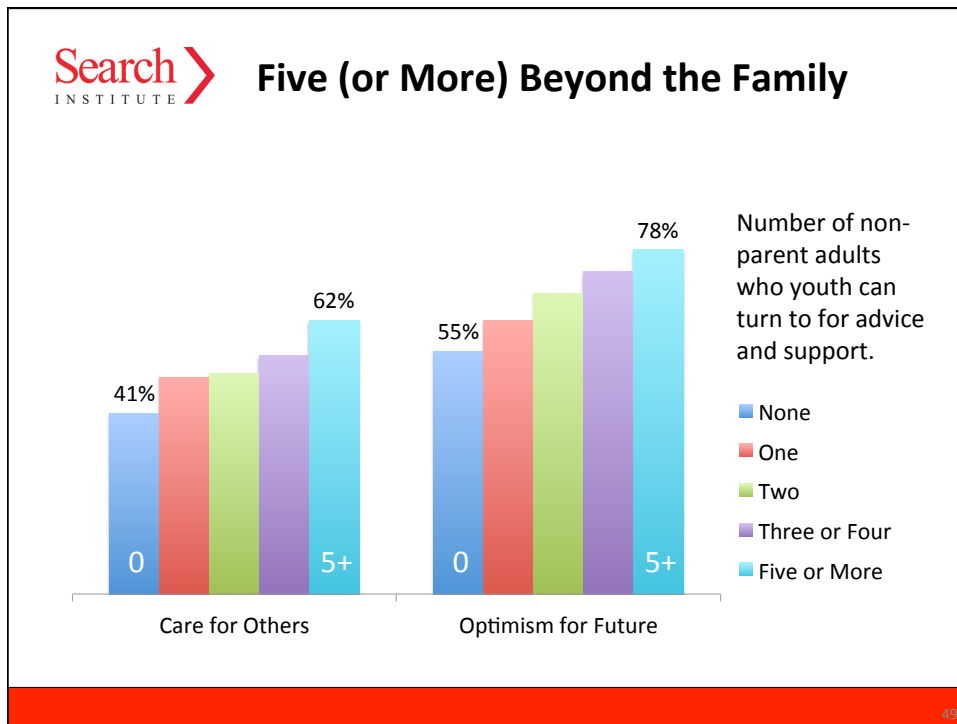
Category	Percentage
OVERALL	75%
Encourage	91%
Guide	61%
Model	76%
Advocate	77%

Think about a recent time you were struggling with a challenge. What are some ways people in the family did (or didn't) encourage you or advocate for you? How did their response affect you?

TALK ABOUT IT

46





Search INSTITUTE **Expand Possibility**

Getting Comfortable Meeting New People

Practice conversation starters together that can make it easier to get to know new people

ParentFurther
a Search Institute resource for families

10 Tips for Talking with People You Don't Know

Try these when you're having a conversation with someone you don't know. If it doesn't lead to a long relationship, you'll learn something new about people and the world from a new perspective.

- 1. Think ahead.** Prepare some questions in advance that you might ask. Include her or his job, interests, hobbies, family, or places he or she has visited. Stay away from controversial topics when you're just getting started.
- 2. Introduce yourself.** Smile, and maintain good eye contact. Focus more on conversation than worrying about how you're being perceived.
- 3. Start small.** Don't get too personal too quickly. Start with "small talk," or a non-controversial topic. It could be about the place or event where you're at, the weather, a current topic, or people you both know.
- 4. Show interest.** If you're curious about other people, you'll have better conversations. Really listen to what they say about themselves. Ask follow-up questions, such as "Say more about that," or, "I'm not familiar with that; can you tell me more about that?"
- 5. Let go of preconceptions.** Almost everyone is someone you don't know. Lead to a rich conversation experience.

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Five Essential Actions



Express Care

Challenge Growth

Provide Support

Share Power

Expand Possibility

51



REFRAMING FAMILY ENGAGEMENT

Six Critical Shifts

52



Refocusing Family Engagement

From a Primary Focus on . . .

- Messaging to parents
- Provide programs
- Reinforce stereotypes

Toward an Emphasis on . . .

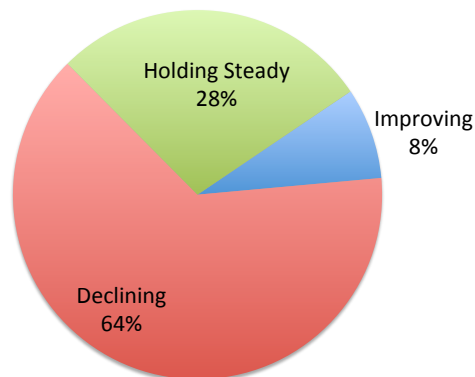
- Listening to families
- Build relationships
- Highlight family strengths

53



Perceptions about Decline

Compared to when I was growing up, American family life is . . .



Source: A 2012 survey of 2,904 U.S. parents of school-aged children (age 5 to 18). Bowman, C. D. (2012). *Culture of American families: A national survey*. Charlottesville, VA: Institute for Advanced Studies in Culture, University of Virginia.

54



And yet . . .

Pew Research Center (2,691 U.S. adults):

76% My family is the most important element of my life.

75% I am very satisfied with my family.

SOURCE: Taylor, P. (2010). *The decline of marriage and the rise of new families*. Washington, DC: Pew Research Center. Retrieved from www.pewsocialtrends.org/2010/11/18/the-decline-of-marriage-and-rise-of-new-families/

55



Change ≠ Decline

“Families still matter greatly, and families can and do tend to **perform well those functions** that are particularly relevant

to the lives of children, even in

Different social and historical contexts, household arrangements, and living conditions.”

Bengston, Biblarz, & Roberts (2002)



Refocusing Family Engagement

From a Primary Focus on . . .

- Messaging to parents
- Provide programs
- Reinforce stereotypes
- Give expert advice
- Parenting as techniques

Toward an Emphasis on . . .

- Listening to families
- Build relationships
- Highlight family strengths
- Experiment with practices
- Parenting as a relationship

57

Where do we put our energy?

Emphasis on
Techniques



Experiment
with Practices



Refocusing Family Engagement

From a Primary Focus on . . .

- Messaging to parents
- Provide programs
- Reinforce stereotypes
- Give expert advice
- Parenting as techniques
- Formal systems focus

Toward an Emphasis on . . .

- Listening to families
- Build relationships
- Highlight family strengths
- Experiment with practices
- Parenting as a relationship
- Engage families as partners

59

Who's Really "Hard to Reach"



"[There is a] fundamental disconnect between what is designed and offered and what families want and need. . . . In other words, it is our institutions and the programs, practices, and policies that school personnel design that are 'hard to reach,' not the families."

Mapp, K. L., & Hong, S. (2010). Debunking the myth of the hard-to-reach parent. In S. L. Christenson & A. L. Reschly (Eds.), *Handbook of school-family partnerships* (pp. 345–360). New York, NY: Routledge.

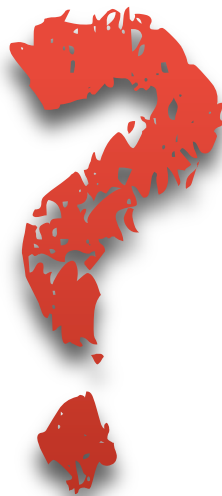
60



Question

What's **ONE THING** you are taking away from today's webinar?

- . . . Something you'll think more about
- . . . Something you'll try
- . . . Something you'll talk to others about



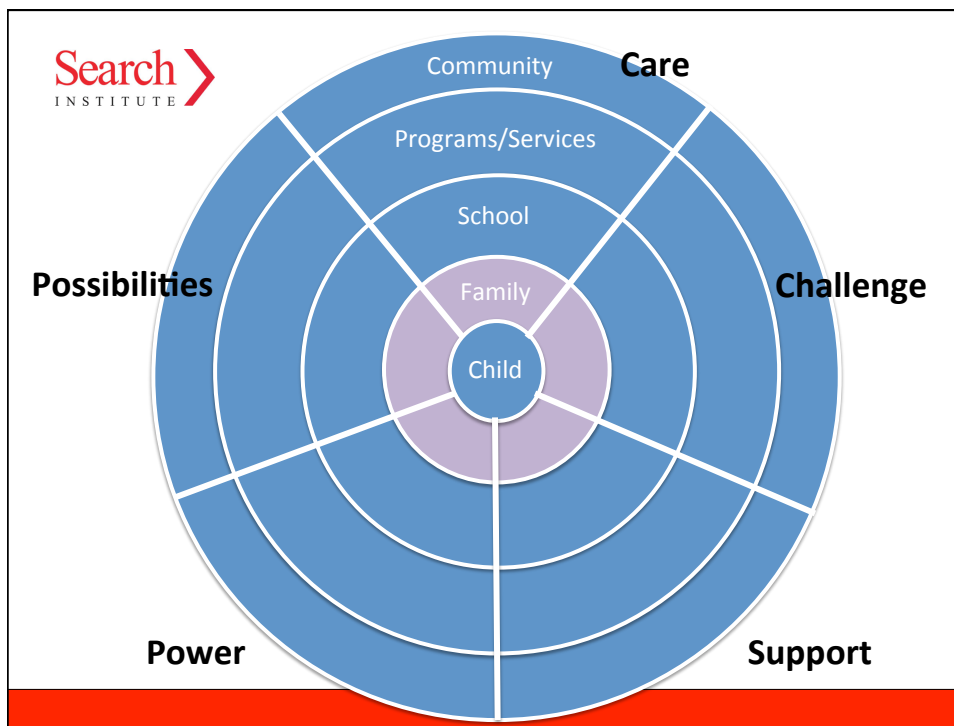
61



TOOLS AND RESOURCES

From Search Institute

62



From Search Institute

WEBSITE

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WORKSHOPS

- Discover Your Family's Strengths:
A Workshop for Parenting Adults
- Engaging the New American Family:
A Relationship-Based Approach

IN DEVELOPMENT (available Fall 2016)

- Developmental Relationships in Families surveys
- Keep Connected: Building Relationships
to Help Your Child Thrive Through Adolescence



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DON'T FORGET THE FAMILIES

- Complete report
- 4-page summary
- Activities booklet
- Technical appendix

Available at
www.search-institute.org/dff

PASS IT ON!

