

## About the Project

The Child-Parent Program is a Collaborative project of Ferry County Connections, NorthEast Washington Alliance Mental Health, and Chemical Dependency programs, NE Tri-county Health District, Colville Tribes Behavioral Health, Colville Tribal Health, and Eastern Washington University's Early Head Start Program.



*Promoting a culture of healing across generations*

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870 S. Clark Ave.  
PO Box 1158  
Republic, WA 99166

509 775-3331 or  
toll-free 1-877 876-9186

## Child-Parent Program

A prevention/early intervention program that aims to promote and restore satisfying and positive relationships with children 0-3 and their families.



Take them by the hand  
and they'll show you the world



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## Who may participate in this new program?

The program is designed for young children who have had frightening experiences and the people who take care of them—

AND—  
parents (biological, foster, and kinship) who have had very scary and overwhelming experiences at some time in their lives.

The program may help your child if he or she is having trouble with:

- ◆ Eating
- ◆ Sleeping
- ◆ Being comforted
- ◆ Talking about or playing about frightening things that happened
- ◆ Being aggressive
- ◆ Being sad or withdrawn

A professional counselor will join with you to thoroughly assess the specific issues of concern to you and your family.

## What new services are being offered?

- ☆ Professional, relationship-based counseling at home or in the office
- ☆ Parent education at home or with a group
- ☆ Family advocacy
- ☆ Transportation to and from appointments
- ☆ on-site childcare/children's activities

Family advocates offer support and help parents find services they may need such as housing, childcare or

## What's different about this parenting education ?

Child-Parent Groups provide support and information about how children are affected by traumatic experiences and how to support development. Parents learn how to help with fears; how memories are stored; and how learning may be affected.

Groups include a shared meal and time to practice new skills with your child. Transportation is available as needed and childcare is provided on-site.

## How does counseling help?

Parents learn to observe how children show their ideas and feelings through imaginative play, and recognize how their own childhood experiences are mirrored in their child's behavior.

The therapist guides the parent in teaching the child to recognize feelings; to put feelings into words; and help the child express negative feelings in constructive ways.

