



POSITIVE SOLUTIONS FOR FAMILIES: SUMMARY OF FINDINGS



BACKGROUND

Positive Solutions for Families (PSF) is an evidence-based workshop series developed initially by the Center on the Social and Emotional Foundations for Early Learning. PSF aligns with the Pyramid Model implementation in Nova Scotia early learning programs and focuses on helping parents learn new skills and strategies to support the social and emotional health of their young children.



Workshops were facilitated by the Nova Scotia Early Childhood Development Intervention Services (NSECDIS). The following research was completed by the Early Childhood Collaborative Research Centre (ECCRC).

PSF TAUGHT PARENTS...

- ✓ To understand and support children's emotions and behaviours
- ✓ To understand parent reactions and impacts on children
- ✓ To understand why children behave a certain way



- ✓ To communicate with their child
- ✓ To understand that children are continuously learning

- ✓ Usefulness of expectations and visual guides
- ✓ To use specific instruction and praise of positive behaviour



WORKSHOP FORMATS

PSF was delivered through a series of 6 online workshops. We offered 3 groups to learn about the benefits of different delivery methods.

147 families participated in the workshops between October 2021 and March 2022.

The 3 groups were:



Facilitated Workshop with Parent Forum

Delivered to parents from 5 regulated child care centres in Nova Scotia (32 participants) during a weekday evening.



Self-Directed Workshop with Parent Forum

Delivered to parents across Nova Scotia who had at least one child in regulated child care, Pre-primary or a day home (57 participants).



Self-Directed Workshop without Parent Forum

Delivered to parents across Nova Scotia who had at least one child in regulated child care, Pre-primary or a day home (58 participants).

**All workshops were offered in English, French, and Arabic.*



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FACILITATED VS. SELF-DIRECTED WORKSHOPS



Almost all participants across groups indicated that the PSF workshops were useful and they would use what they learned at home.



All participants across groups indicated that they would recommend PSF to another parent.

Participants reported that they liked:

- The examples provided;
- The resources/strategies given;
- The organization of the workshops;
- The ease of understanding the materials in the workshops;
- The applicability of the information in the workshops.



Unique benefits identified by facilitated group

- The participation of parents in the workshops.
- The comfortable and safe space facilitators provided.

Unique benefits identified by self-directed group

- The ability to do it on their own time.

PARENT-TO-PARENT CONNECTION

Parents in the facilitated workshops enjoyed the opportunity to connect with other parents. They felt less alone knowing that others have similar experiences.



Parents in the self-directed workshops enjoyed the use of real-life stories from parents and liked knowing others have similar experiences.

For the facilitated and self-directed groups with access to the Facebook parent forum, the majority found it somewhat helpful but not many parents connected through it.



SUGGESTIONS FOR IMPROVEMENT

Facilitated Workshops

- A different time of day;
- Technical difficulties (although parents indicated it wasn't the fault of the facilitators).

Self-Directed Workshops

- More examples;
- Closed captioning on videos;
- More interactive;
- Consideration of other learning styles;
- More solutions to behaviours in the examples
- Check-in questions.

Facebook Forum

- Chat option;
- More interaction between participants;
- Compile all languages into one post.

NEXT STEPS

Adaptations with Indigenous Communities

- In fall 2021, we began adaptations of the PSF program with First Nations communities.
- Workshops were modified to be more visual and to use more storytelling.
- Feedback from families in Sipekne'katik showed workshops were useful and well-received.
- The adapted program will be offered to other First Nations communities province-wide in the future.

Implementation with Pyramid Model

- PSF will be implemented as part of the Pyramid Model at NSECDIS to provide similar support for children's social and emotional learning in early learning and at home.