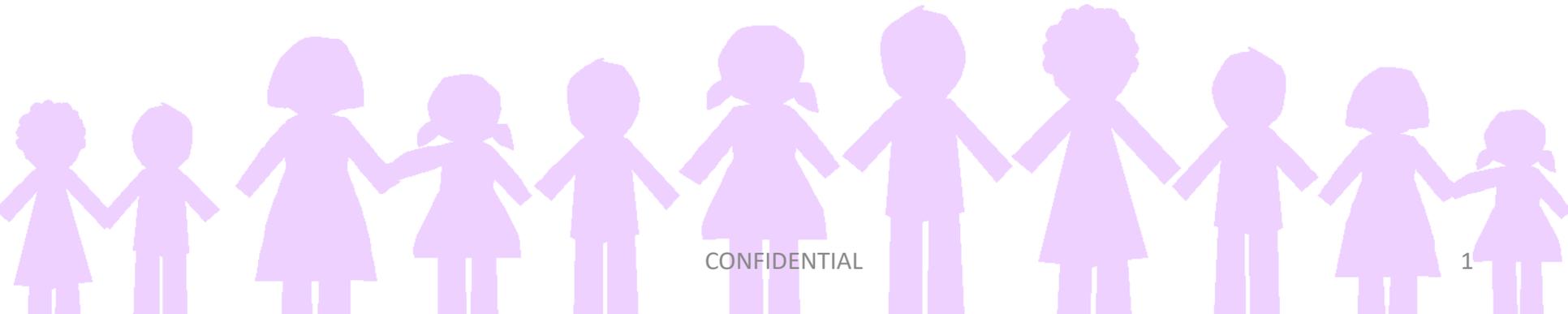




**HORIZONS
FOR HOMELESS
CHILDREN®**

Presentation For

The Boston Foundation
January 11, 2019



CONFIDENTIAL

Our Mission

The mission of Horizons for Homeless Children is to improve the lives of young homeless children in Massachusetts and help their families succeed by providing high-quality early education, opportunities for play, and comprehensive family support services.

We are the only organization in Massachusetts devoted exclusively to serving the educational needs of homeless children and providing opportunities to play and learn within the shelter system.



Our Challenge...

- How do we increase our families availability and strengthen connections with the Horizons community?



"When we strengthen families, we ultimately strengthen the community. Our goal is that parents everywhere work with supportive providers, feel confident in their parenting role, and form strong, resilient attachments with their children. To help achieve this, providers must be responsive to parents, knowledgeable about child development, and eager to see every parent succeed."

-T Berry Brazelton, MD



Assumptions

- The parent is the expert on his/ her child.
- All parents have strengths.
- All parents want to do well by their children.
- All parents have something critical to share at each developmental stage.
- All parents have ambivalent feelings.
- Parenting is a process built on trial and error.



Guiding Principles

- Recognize what you bring to the interaction.
- Look for opportunities to support mastery.
- Use the behavior of the child as your language.
- Value disorganization and vulnerability as an opportunity.
- Value and understand the relationship between you and the parent.
- Be willing to discuss matters that go beyond your traditional role.
- Focus on the parent-child relationship.
- Value passion wherever you find it.

Center for Early Relationship Support





Circle of Security

INTERNATIONAL™

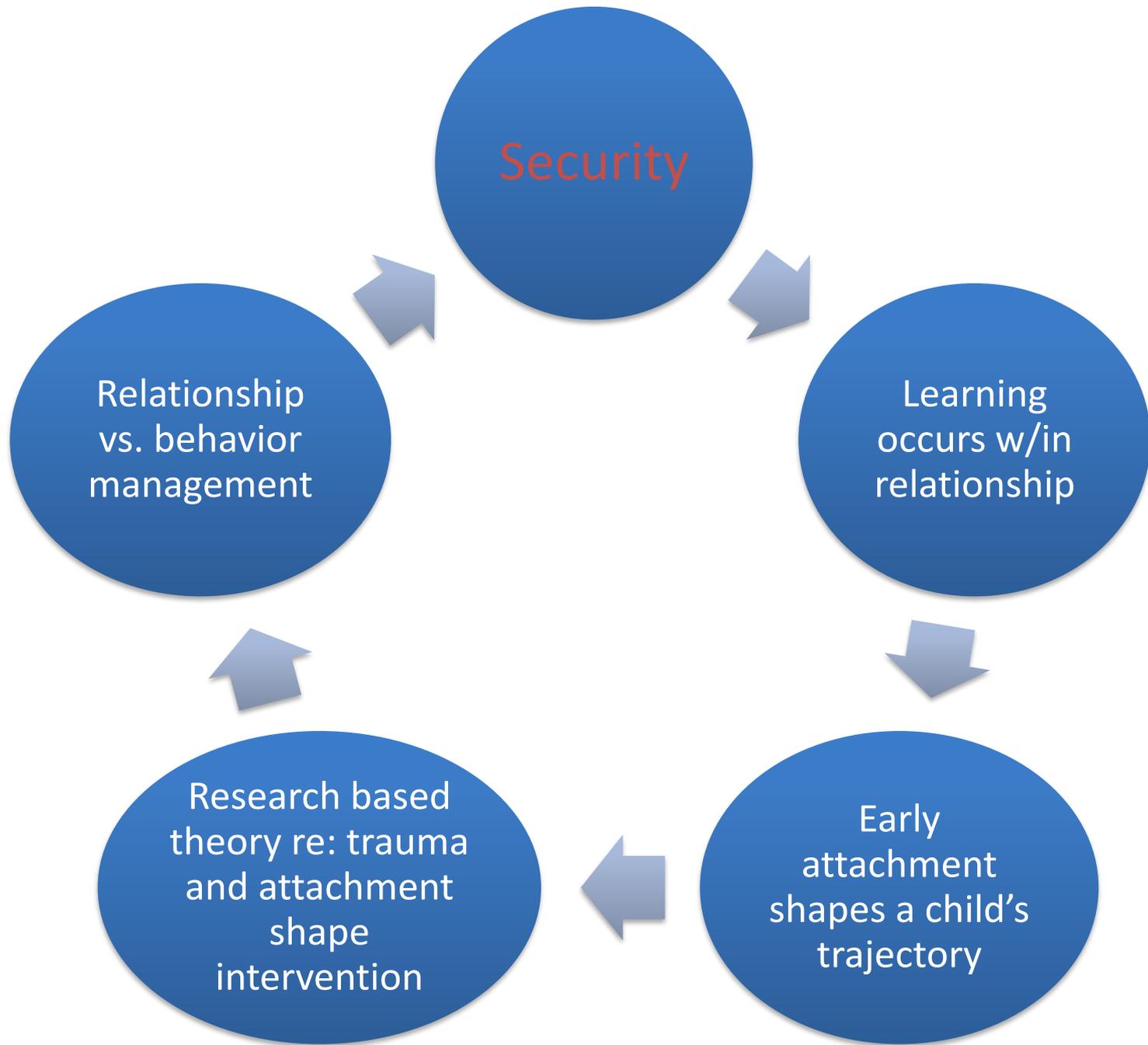
Early Intervention Program for Parents & Children

Relationship-focused

Trauma-informed

Facilitated group model

Prevention and early intervention
for parents and children



Security

Relationship
vs. behavior
management

Learning
occurs w/in
relationship

Early
attachment
shapes a child's
trajectory

Research based
theory re: trauma
and attachment
shape
intervention

- **Empathy**

- *Bigger*
- *Stronger*
- *Wiser*
- *Kind*

- **Observational skills informed by child development**

Capacity

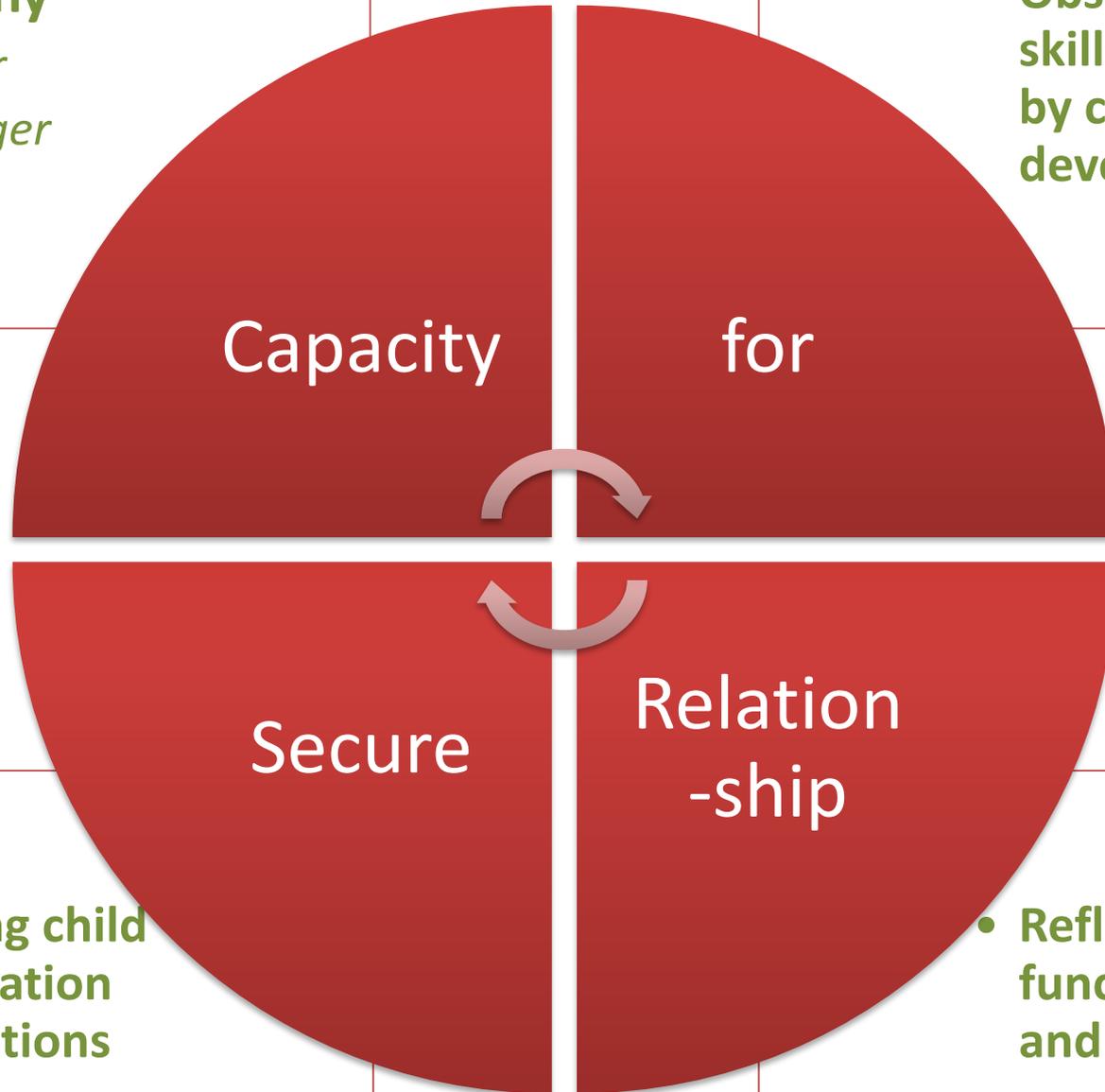
for

Secure

Relation
-ship

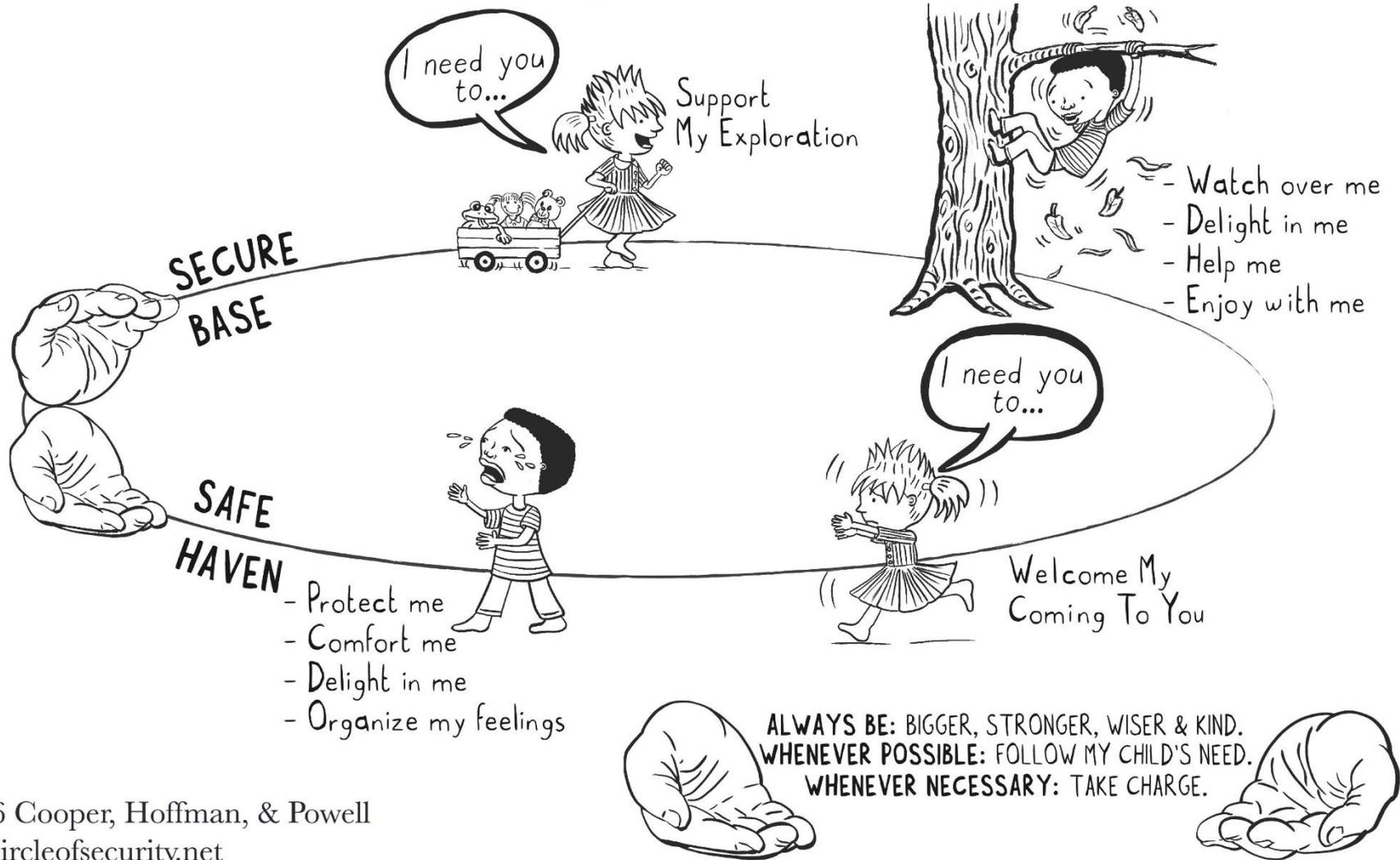
- **Engaging child in regulation of emotions**

- **Reflective functioning and dialogue**



Circle of Security[®]

Parent Attending To The Child's Needs



COS-P at Horizons

- 8 parents of infants and toddlers
- Pilot in one center (Jamaica Plain)
- Co-facilitation by Horizons family advocate and JFCS Early Childhood Mental Health Consultant (both certified)
- 8-10 video-sparked sessions beginning in March
- Supported w/incentives (food, child care, work or volunteer credit)



Young
Audiences
Arts for
Learning
Massachusetts

Musical Parenting

Program Director, Gail Zarren, LICSW

Music Teaching Artist, Vanessa Trien, M.Ed

Young Audiences of Massachusetts
89 South Street, Suite 603, Boston, Massachusetts, 02111
(617) 629-9262 | www.yamass.org



Young
Audiences
Arts for
Learning

Massachusetts

Young Audiences of Massachusetts

Established in 1962

- Provides arts education programs in music, dance, theater, visual and literary arts for Massachusetts youth in schools, libraries, hospitals, special needs schools, and community organizations serving at-risk children

Children AND parents AND teachers experiencing, learning and connecting ... through music





Young
Audiences
Arts for
Learning
Massachusetts

Why Music?

- Responsive parenting: Establishes early foundations for infant-parent attachment, communication, socialization, and self-regulation
- Research has established that exposure to music in the most crucial stage of brain development lays the foundation for literacy and has profound social-emotional value as a tool to sooth, calm and enable children (and adults), to self-regulate and to establish early attachment between mother and child

We know music can affect wellness and function

- Balances nervous system
- Enables engagement and focus
- Fosters emotional regulation and social-emotional competence
- Stimulates growth of new brain cells
- Fosters socialization and feelings of safety
- Creates mutual experiences that enhance relationships
- Increases memory
- Increases endorphins – happiness increases HOPE
- Provides engagement with sound, rhythm, and FUN!



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Musical Parenting

Uses music as a tool for deepening parent/child attachment and self-regulation

Participants

- Horizons parents of children ages 0-3
- Horizons Infants and Toddler Classroom Teachers
- Horizons Family Advocates

The Musical Parenting Program

- Engages Horizons' Families through a joyful expressive modality (Music)
- Guides parents in creating transition songs, soothing songs, rhyming and rhythm songs, finger-plays, action/larger movement songs to help them in stressful "complicated parenting moments" ... to Redirect and Reengage in order promote calm and to reconnect with their child in a positive parenting way



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Program Elements

For Parents

- Musical Parenting Workshops
 - Part A. Three 1-1.5 hour workshops with parents alone
 - Part B. Three 1-1.5 hour sessions w parents & child together.
- Parent Informational Newsletters to support the workshop activities

For Infants & Toddler Teachers and Family Advocates

- Professional Development Training: 2 hour workshop

For Infants & Toddlers and their Teachers

- Infants and Toddler Classroom Music Sessions
 - Three in-classroom music sessions per classroom

For Attendees of the *Musical Parenting* and *Circle of Security Workshops*

- Culminating Musical Celebration of everyone's learning!



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Musical Parenting Goals

Increase availability and engagement of families with the Horizons community and strengthen social and emotional development of parents and their children.

1. Engaging and sharing in meaningful, useful and joyful learning experiences with other Horizons families, parents will become more engaged in the Horizons Community
2. Horizons Parents of children ages 0-3 gain the knowledge, tools and ability to use music to:
 - Comfort themselves and their children through singing, rhythmic rocking, dancing playfully
 - Refocus and reengage their child during stressful situations (tantrums, transitions, uncontrolled anger)
3. Horizons infant and toddler teachers and Family Advocates gain the knowledge, tools and ability to support and guide parents in utilizing the tools and strategies learned in the Musical Parenting workshops

Pathways to Successful Parenting

Each of us in our cross-sector collaboration – Horizons for Homeless Children, Jewish Family and Children’s Service, and Young Audiences of MA, believe in the power of strength-based work with families. We believe that families have the desire and the ability to be successful parents.



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Thank You