

Building Stronger Families

Family of four with two pre-school age children. The oldest child, a four-year-old, had been meeting milestones regularly as a baby, but around the age of 18-months became very ill. This illness led to other illnesses, lasting a total of over a year, causing permanent physical health issues as well as a complete turnaround in personality. The child they had known as sweet, kind, meeting milestones and even surpassing milestones, was not the child they now had at home. This child was very aggressive towards parents, younger sibling, friends, animals, and even inanimate objects and both parents were at a loss as to what to do next. While in the BSF program, Mom took curriculum learning and HV suggestions to heart. She made the child a time-out corner, which did not work as well as she hoped. After discussing the power of words, Mom started calling it the "calm-down corner", placing a blanket, pillow, and a few favorite toys in preparation for when the child would need to go calm down. Mom also during the course of her time in BSF began using stress relief techniques, deep breathing geared towards children such as "Butterfly Breathing" being a favorite, for herself and both children. At the beginning of visits, Mom got frustrated very quickly, losing her temper and raising her voice frequently, as well as threatening the use of an inanimate object to spank the child. Each visit, her confidence in her parenting could be seen rising, and her quick-to-temper frustration could be seen decreasing. The families' assessment scores improved in the areas of parental capabilities, family interaction and child-wellbeing.