


## Mom Power & Strong Roots Parent Cafés

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Early relationships lay the foundation for children’s developmental success and thriving families.

Socially connected communities nurture socially connected families.

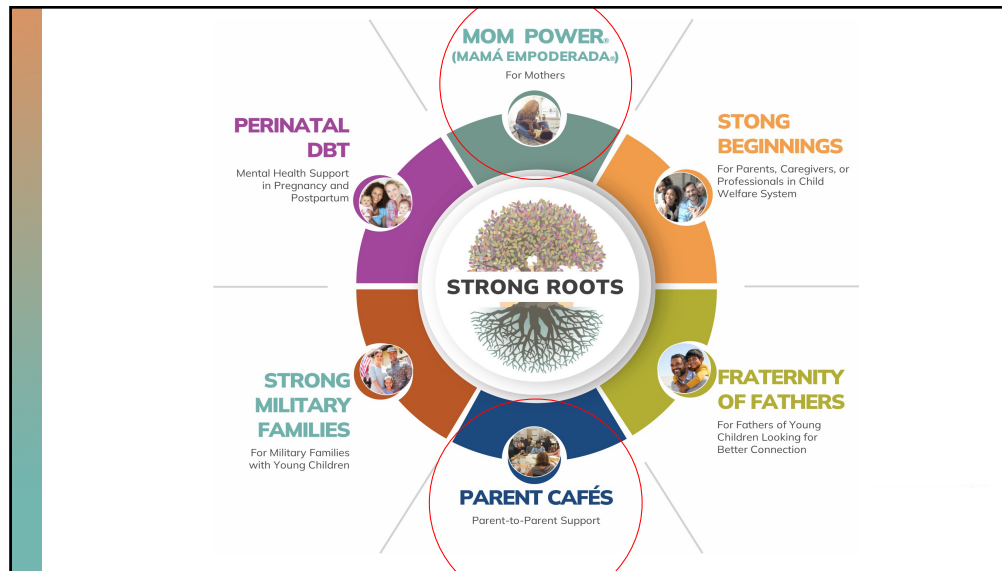


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## Early Foundations

- Many programs and interventions draw on attachment concepts
- For example, the balance of attachment and exploration behavioral systems and individual differences
- Strong Roots programs are one example
- We will focus today on Mom Power and Strong Roots Parent Cafés
- Other Strong Roots Programs share a common core but are tailored to the population served


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### Strong Roots Programs: Mom Power

- Launched in 2009 at a teen health center
- 13 session manualized multi-modal, experiential, multi-family intervention attachment-theory driven
- Pregnancy – child age 6
- Infant mental health principles
- Trauma-informed
- Parent and community collaborators- iterative process embraced a cultural and community lens

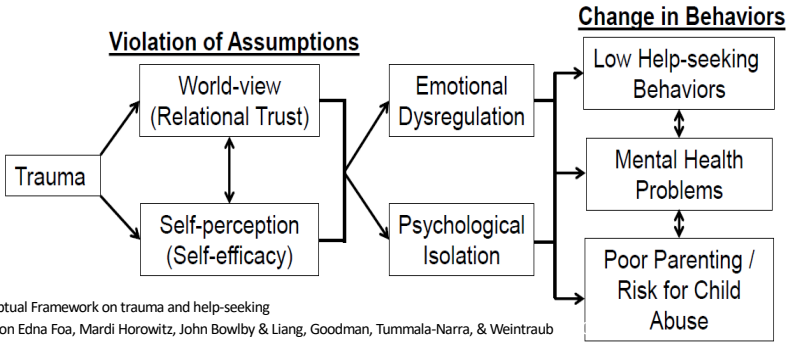


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### Trauma violates core assumptions



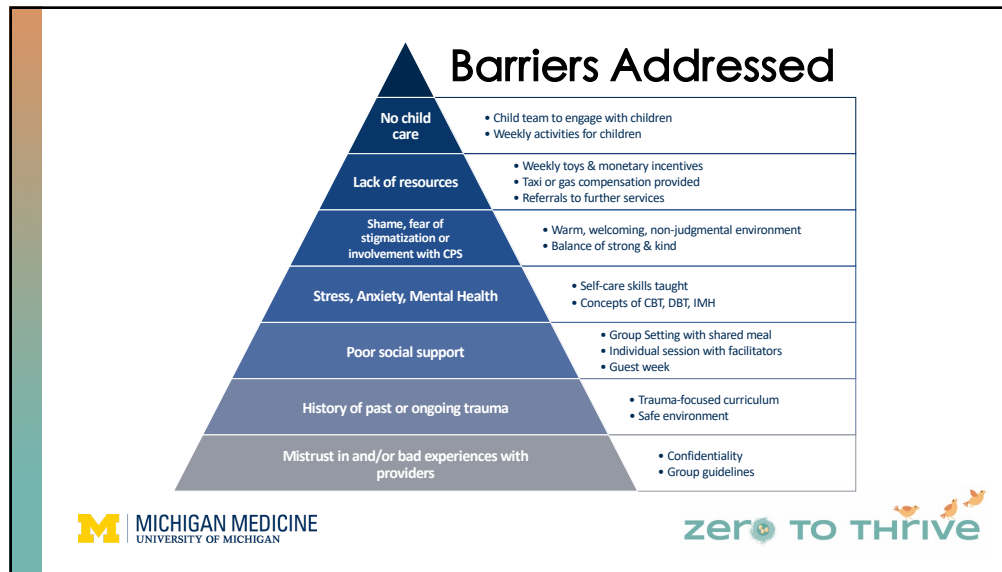
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graph LR; Trauma --> World-view["World-view (Relational Trust)"]; Trauma --> Self-perception["Self-perception (Self-efficacy)"]; World-view <--> Self-perception; World-view --> Emotional-Dysregulation["Emotional Dysregulation"]; Self-perception --> Psychological-Isolation["Psychological Isolation"]; Emotional-Dysregulation --> Low-Help-seeking["Low Help-seeking Behaviors"]; Emotional-Dysregulation --> Mental-Health-Problems["Mental Health Problems"]; Psychological-Isolation --> Mental-Health-Problems; Low-Help-seeking <--> Mental-Health-Problems; Mental-Health-Problems <--> Poor-Parenting["Poor Parenting / Risk for Child Abuse"]; style Low-Help-seeking fill:#fff,stroke:#333; style Mental-Health-Problems fill:#fff,stroke:#333; style Poor-Parenting fill:#fff,stroke:#333;
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Conceptual Framework on trauma and help-seeking  
Based on Edna Foa, Mardi Horowitz, John Bowlby & Liang, Goodman, Tummala-Narra, & Weintraub

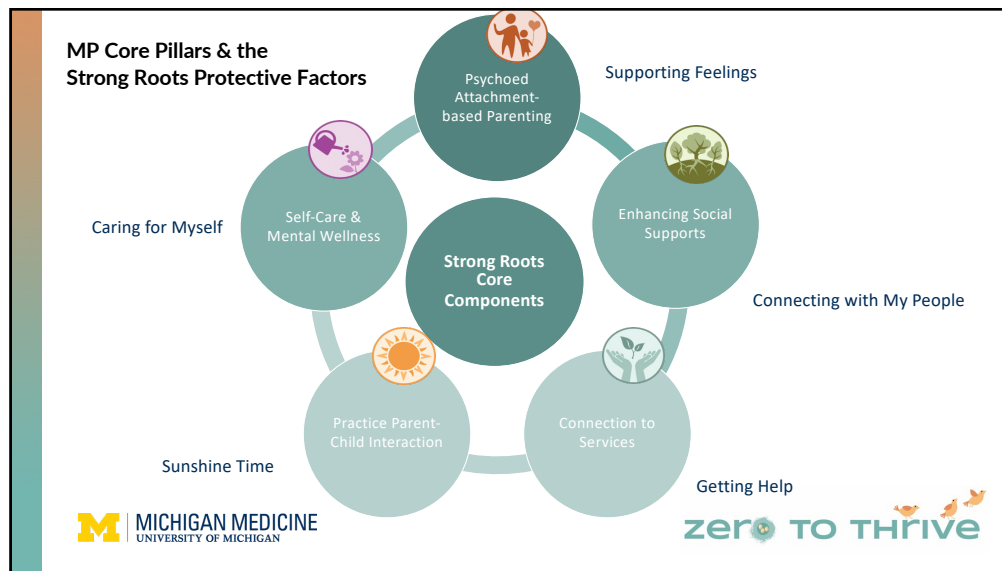
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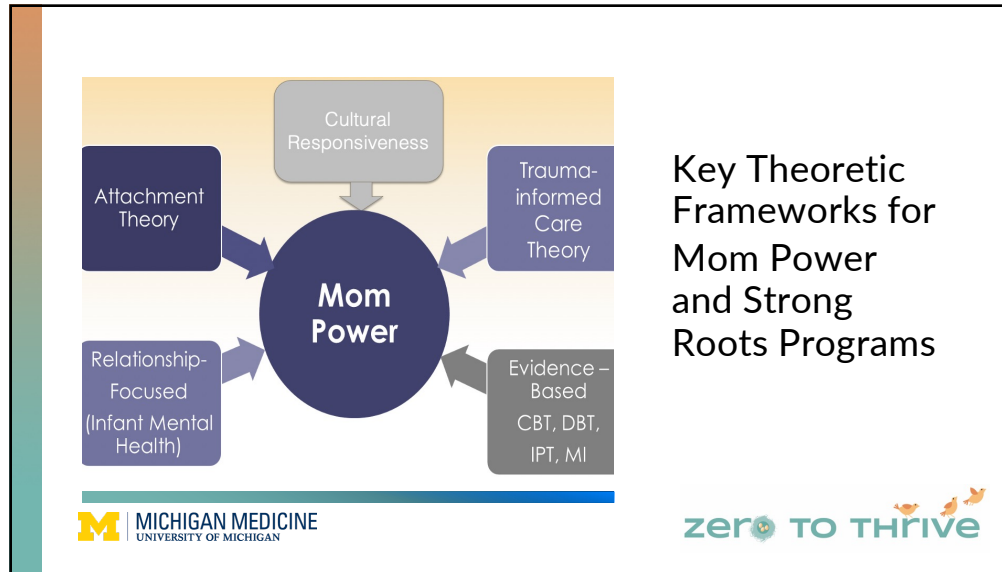
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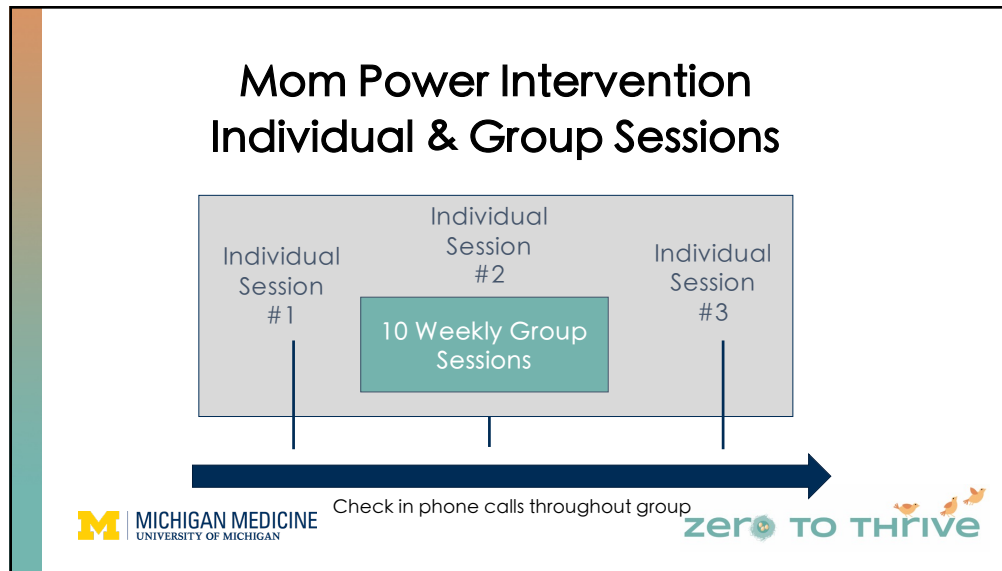
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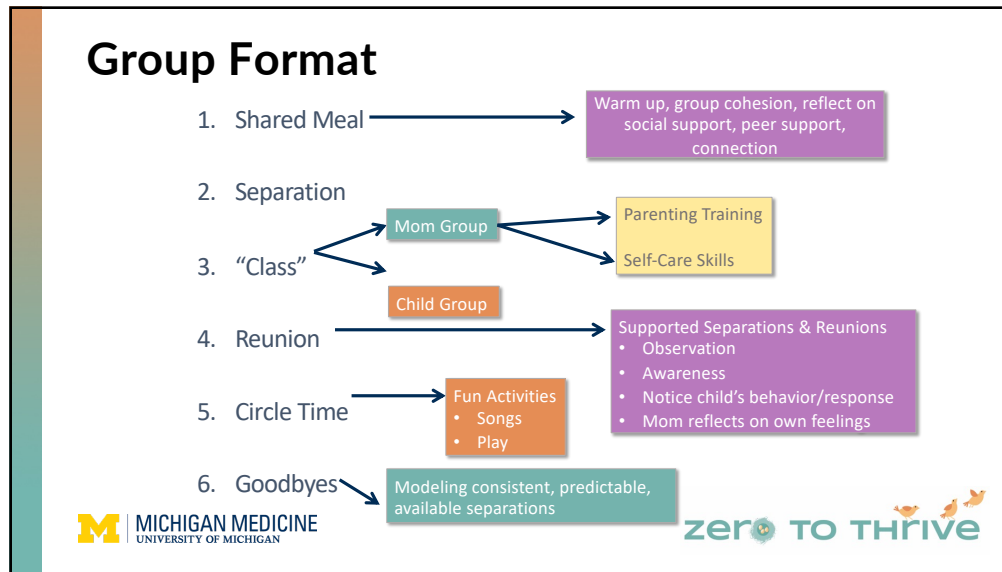
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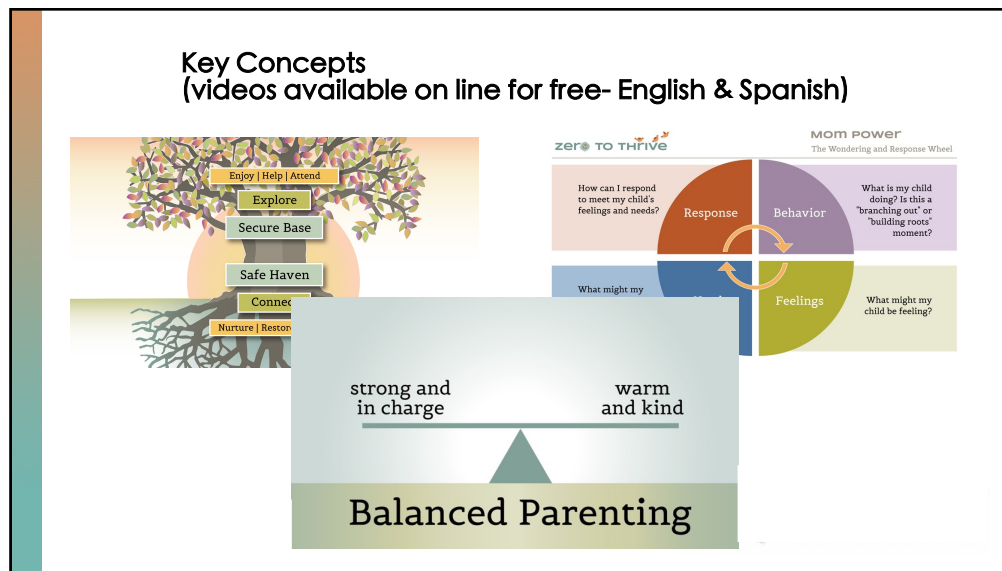
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A graphic illustrating balanced parenting. It features a horizontal line with a triangle underneath it, resembling a balance scale. On the left side of the line, the text reads "strong and in charge". On the right side, it reads "warm and kind". Below the line, the words "Balanced Parenting" are written in a large, bold, black font. The background is a light blue gradient. At the bottom left is the Michigan Medicine logo, and at the bottom right is the Zero to Thrive logo.

strong and in charge      warm and kind

**Balanced Parenting**

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A graphic for the Strong Roots Parent Café. It features a photograph of a smiling man, a smiling woman, and a baby who is laughing. A teal banner across the top of the photo contains the text "STRONG ROOTS PARENT CAFÉ" in white, all-caps font. At the bottom left is the Michigan Medicine logo, and at the bottom right is the Zero to Thrive logo.

**STRONG ROOTS PARENT CAFÉ**

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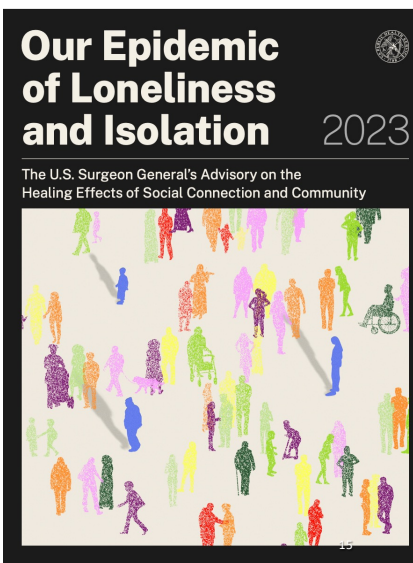
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**WHY?**

Almost 50% of US adults report feeling lonely

Young adults of childbearing age report the highest rates

Only 1 in 6 adults report feeling very socially connected to their community



**Our Epidemic of Loneliness and Isolation** 2023  
The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

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**WHY?**

Loneliness and social isolation are critical social determinants of health and health equity

Socially connected communities have a positive multigenerational impact



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**WHY?**

Parents use social media for connection, which can have positive impacts

...and yet ...

greater use of social media has been shown to heighten social isolation, loneliness, and stress




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**WHY?**

Peer to Peer models are powerful

Parents derive benefit from *offering help and support*—sometimes greater benefit derived from receiving help



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**VISION**

We envision a world of socially-connected communities, where every parent has a place to go to connect with other parents, and to offer and receive meaningful support

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**SURGEON GENERAL 2023  
RECOMMENDATIONS:**

- “Establish and scale community connection programs”




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### STRONG ROOTS PARENT CAFÉ

- Our Strong Roots Parent Café card deck was co-developed with parents, providers, & communities
- Questions designed to nurture resilience-focused conversations to strengthen protective factors and promote multigenerational health
- Parent Cafés introduce a peer-led model that brings parents together (in-person/virtually)






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## What is a Strong Roots Parent Café?

- Peer led group based on the Strengthening Families and Be Strong Families Parent Café Model
- A space where caregivers can share their experiences with Strong Roots Protective Factors in mind using the Strong Roots Café in a Box Deck.
- Focused on supporting caregivers from pregnancy through early childhood






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## History of Strong Roots Cafés

- Adaptation of the Be Strong Families/ Strengthening Families Cafés
- Small group peer-led conversations that use a card deck with questions to prompt reflection
- BSF Cafés are used with families with young children- but the card decks did not focus on topics related to pregnancy and parenting birth to 5
- Zero to Thrive and Be Strong Families partnership



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Strong Roots Parent Café in a Box: Conversations to enjoy your family strong in the early years  
Join the "Strong Roots" program to build on the practice that we believe has strengthened family relationships in an intentional, intentional way. It's about the relationships that are the foundation of a strong family. It's about the relationships that are the foundation of a strong family. It's about the relationships that are the foundation of a strong family.

This card deck was developed by the Strong Families and Zero to Thrive team, with guidance from the Zero to Thrive team. It is a resource for parents and caregivers who are looking for ways to strengthen their relationships with their children and each other. It is a resource for parents and caregivers who are looking for ways to strengthen their relationships with their children and each other. It is a resource for parents and caregivers who are looking for ways to strengthen their relationships with their children and each other.

Este paquete de tarjetas de café fue creado por las familias fuertes y Zero to Thrive, con la orientación del equipo de Zero to Thrive. Es un recurso para padres y cuidadores que buscan maneras de fortalecer sus relaciones con sus hijos y entre ellos. Es un recurso para padres y cuidadores que buscan maneras de fortalecer sus relaciones con sus hijos y entre ellos. Es un recurso para padres y cuidadores que buscan maneras de fortalecer sus relaciones con sus hijos y entre ellos.

ENGLISH & ESPAÑOL: 48 Cards / 48 Cartas

### STRONG ROOTS PARENT CAFÉ in a box

-  **CARING FOR MYSELF**  
What are some things you did (or do) to take care of yourself during pregnancy?
-  **CONNECTING WITH MY PEOPLE**  
How has becoming a parent changed your relationships with others in positive ways?
-  **ENJOYING WITH MY CHILD**  
How can you delight with and enjoy your baby in the face of postpartum struggles?
-  **GETTING HELP**  
How would you decide if you need to talk to a counselor after having a baby?
-  **SUPPORTING FEELINGS**  
After your baby was born, how did you manage the rollercoaster of emotions?



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## Strong Roots Parent Café 3 Day Institute

- Interactive, fun, empowering, community building
- Trains parents to be Café and table hosts in their community
- Satisfies training requirements for Be Strong Families Parent Café Institute



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## Strong Roots Parent Café Training Institute

- 3-day Training
- Day 1: Strong Roots
  - Focus on Strong Roots Protective Factors
- Days 2 & 3: Strong Roots Parent Café Facilitation & Practice
  - Parent Café Demonstration
  - Parent Café Anatomy
  - Practice Facilitating a Strong Roots Parent Café





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**Meet our Zero to Thrive Strong Roots Café Training Institute trainers...**

Right to Left-Colleen Klus, Kavitha Lobo, Angela Johnson, Najima Treadwell, Althea Wilson, Kristyn VanDahm, & Rachel Waddell

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## Illustrating the Strong Roots Protective Factors

-  Caring for Myself
-  Connecting with My People
-  Enjoying with My Child
-  Getting Help
-  Supporting Feelings




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## Enjoying with My Child



- We call time spent together with your child in enjoyable activities “Sunshine Time”.
- These do not have to be “big moments” of excitement and joy—even small, or quiet moments, like when your child “helps” you cook, reading a book before bedtime, going on a walk, are opportunities to delight in your child and your relationship.



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## SAMPLE CARD DECK QUESTIONS FOR “ENJOYING WITH MY CHILD”

- How can you make everyday activities like feeding, dressing, and bath time fun and enjoyable for you and your child?
- How do you enjoy being outdoors with your child?
- What do you enjoy most about being with your baby or young child?




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## Caring for Myself



- Just like a flower, we need care to blossom and thrive. But in life it doesn't always just rain on us, and so sometimes we have to water ourselves.
- This can look a lot of different ways— watering our mind, body, and spirit - giving ourselves the hydration we need to be healthy and strong.



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## SAMPLE CARD DECK QUESTIONS FOR “CARING FOR MYSELF”

- How were (or are) you kind to yourself after having your baby?
- How did you deal with feelings about going back to work after having your baby?
- How can you change your schedule to make time for yourself?






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## Getting Help

- We are all on a journey of growing, but sometimes we are more tender, and can use extra care.
- In those moments we might need people beyond our friends and family to offer us emotional support, or more tangible help, like referrals to resources that could be helpful to us or our children and family. In those moments, we are seeking help that will elevate us, and help us to thrive.


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## SAMPLE CARD DECK QUESTIONS FOR “GETTING HELP”

- What good community resources have you utilized in the past?
- What do you do when you are concerned about your mental health?
- How have you navigated racism with service providers in advocating for you or your children?


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## Connecting with My People

- Just as our children’s needs can be represented by the Tree, so can ours, and trees are stronger, more protected, and more resilient when they grow in a grove or a forest. In that setting, tree roots can interconnect, and help hold one another stable.




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## SAMPLE CARD DECK QUESTIONS FOR “CONNECTING WITH MY PEOPLE”

- How do people in your life lift you up as a parent?
- How does your child benefit when you ask for support from your community?

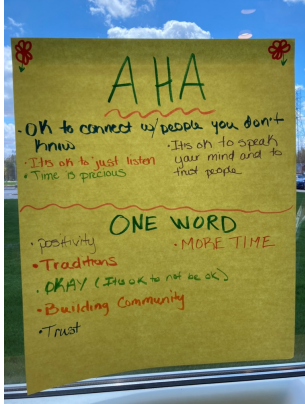
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### Strong Roots Parent Cafés in Partnership with Great Start Collaborative in Washtenaw County

- 40 participants have completed our SR Café evaluation
- Supported by mileage funds, WISD, MDHHS, and Zero to Thrive
- Attendees included previous Mom Power participants, parents and caregivers from the community

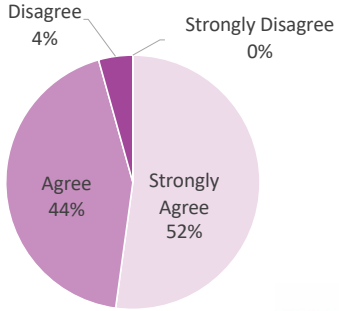




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### Caring for Myself

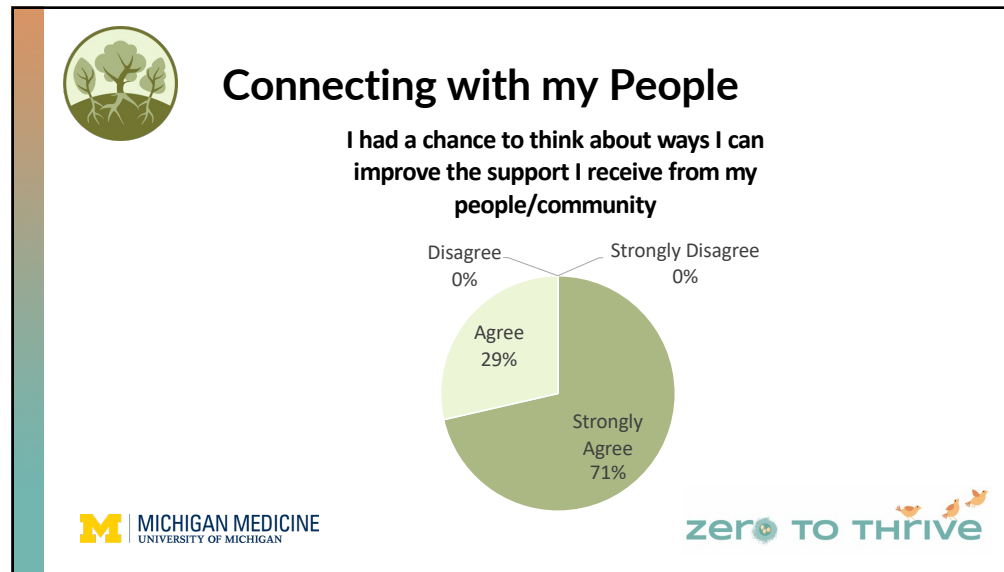
Today, I learned about different ways I can care for myself as the caregiver of a young child



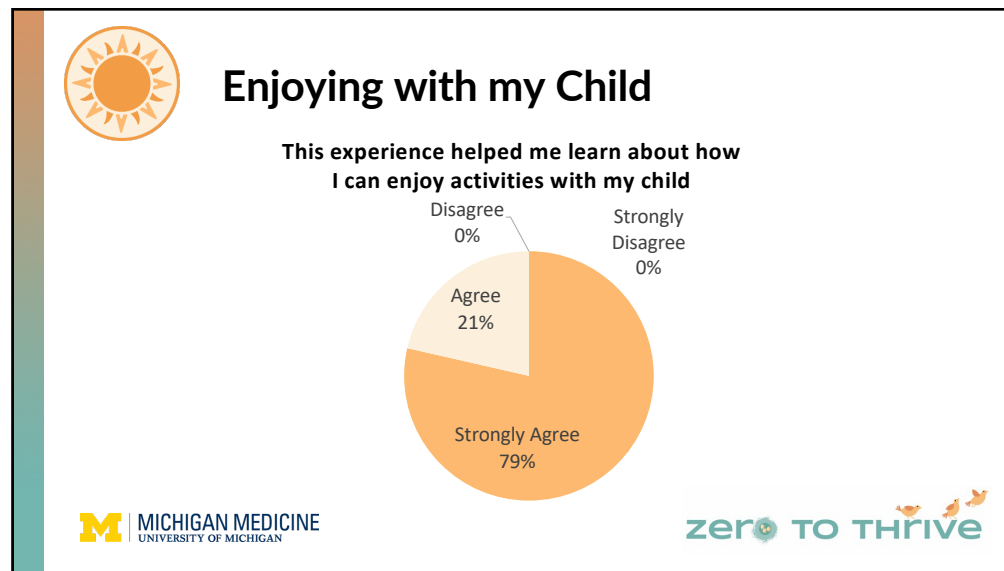
Response	Percentage
Disagree	4%
Strongly Disagree	0%
Agree	44%
Strongly Agree	52%

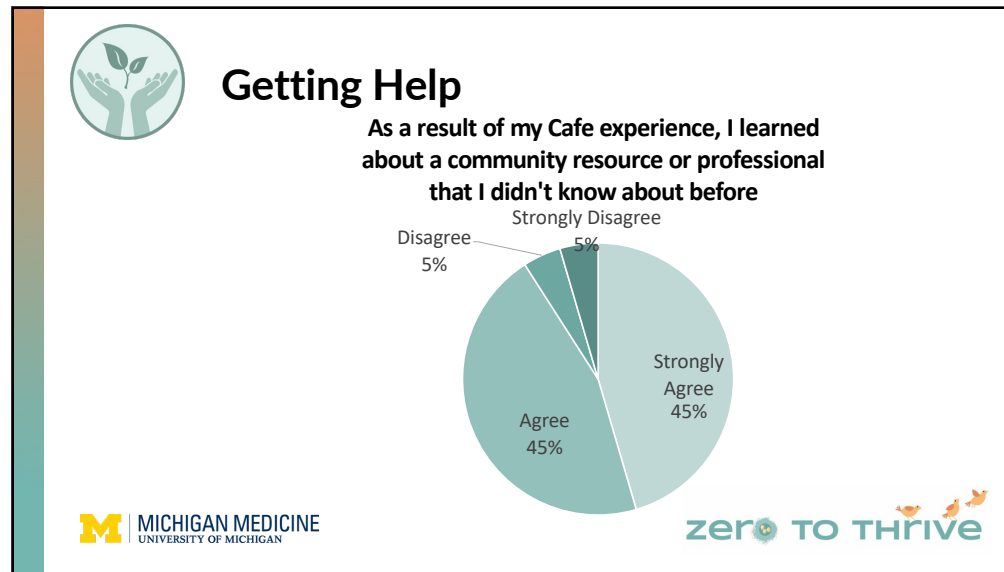
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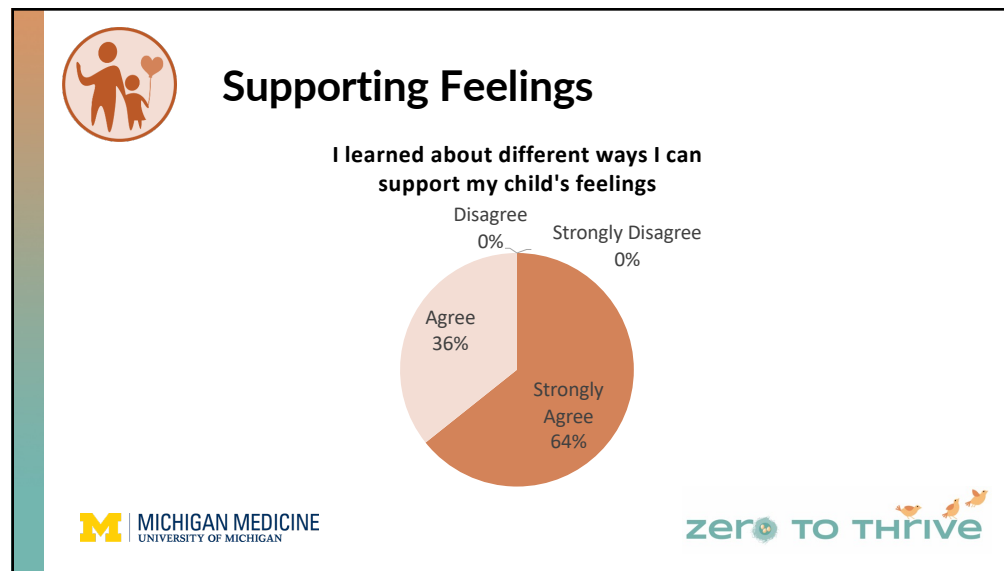
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### What are we Hearing About Strong Roots Parent Cafés?

“I was able meet other people in the community and share experiences with other moms within the group.”

“Please let them keep coming, feel very supported.”

“It helped me to open up more with people”.

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## What we've heard about Strong Roots Cafés

“It was wonderful to connect with other parents who were so accepting and kind about my experiences as a mother”

“It was nice to share about myself. I felt heard.”

“This experience was rewarding and eye opening to the ups and downs of parenting and making sure we care for ourselves!”

“It was refreshing and felt needed. I felt better after the discussions and felt comfortable sharing.”

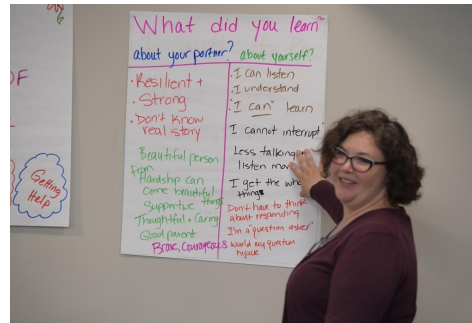


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## To learn more about Strong Roots Programs <https://zerotothrive.org/strong-roots/>



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## Thank you!

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