



Kinship Link

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Social Connections for Families

Pro Kinship for Kids

Inside this issue:

Families Need Concrete Support in Times of Need	2
Dangers of Social Media Event	2

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Newsletter by
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People need people. All people need other people around them. Parents need people who care about them and their children, who can be good listeners, who they can turn to for well-informed advice, and who they can call on for help in solving problems. Parents' social connections, that is, relationships with family, friends, neighbors, co-workers, and community members are valuable resources who provide:

- **Emotional Support** - affirming our skills, being empathic, and non-judgmental
- **Informational Support** - providing parenting guidance, and making recommendations as needed
- **Instrumental Support** - providing transportation help, financial assistance, and links to jobs
- **Spiritual Support** - providing hope and encouragement

When parents have a sense of connectedness they believe they have

people who care about them as individuals and as parents; they feel secure and confident that they have others whom they can share the joy, pain, and uncertainties that come with the parenting role; they seek timely assistance from people they have learned to count on when faced with challenges; and they feel empowered to "give back" through satisfying, mutually beneficial relationships.

High levels of emotional, informational, instrumental, or spiritual support is associated with positive parental mood, positive perceptions of and responsiveness to one's children, parental satisfaction, well-being, sense of competence, and lower levels of anger, anxiety, and depression.

Parents can feel lonely and isolated even when surrounded by others if relationships lack emotional depth and genuine acceptance. Parents need opportunities to build

positive social connections with at least one other person, so that meaningful interactions may occur in a context of mutual trust and respect. Respect and trust are key to high quality relationships and connections with other people. Parents' high quality social connections are beneficial to both the adults and the children.



Families Need Concrete Support in Times of Need

All people need help sometimes. All parents need help sometimes. When parents are faced with very trying conditions they need access to concrete support that address their needs and helps to minimize the stress caused by very difficult challenges and adversity.

When parents are faced with overwhelmingly stressful conditions they need to seek help, but for some parents asking for help is not an easy thing to do. It may be embarrassing for some people, because it feels like an admission of incompetence; that they don't know how to solve their own problems; or take care of their family.

Programs and people must clearly communicate to parents that seeking help is not an indicator of weakness or failure as a parent. Seeking help is a step toward improving one's circumstances and learning to better manage stress and function well, even when faced

with challenges, adversity, and trauma. When parents ask for help, it is a step toward building resilience. Resilience is the process of managing stress and functioning well even when faced with challenges, adversity, and trauma.

When parents seek help, it should be provided in a manner that does not increase stress. Strengths-based practices are grounded in the beliefs that:

- It is essential to forge a trusting relationship between parents and programs or people working with the family.
- Regardless of the level or number of adverse conditions parents are experiencing, all people and parents have assets within and around them, their family and their community that can be called upon to help lessen the impact of stressful conditions and to create needed change.
- Parents have unrealized

resources and competencies that must be identified, mobilized, and appreciated.

- Parents must be active participants in the change process and not passive recipients of services.
- Parents must first be guided through, and learn how to navigate the complex web of health care and social service systems.

A strengths-based approach helps parents feel valued, because they are acknowledged as knowledgeable and competent. They develop a sense of self-confidence and self-efficacy, because they have opportunities to build their skills, experience success, and provide help to others. Concrete support promotes their and their family's healthy development, resilience, and ability to advocate for and receive needed services and resources.

Dangers of Social Media

You think you know Social Media, but do you REALLY know? Free event open to the public!

Sunday, March 11, 2018

6 – 8 p.m.

New Ulm High School

1600 Oak Street

Auditorium (Room #190)

With so many computer applications out there and data available at the touch of a screen, you may not realize all the potential dangers of social media facing your children. They may press the boundaries and take risk, some with serious consequences. The internet, particularly social media, is another outlet for possible downfall. When it comes to technology and teens normally the dangerous things that come to mind are sexting, online predators, and cyber bullying. In this informational event you will be given information from New Ulm Police Department investigators on social media problems, the dangers of sex trafficking, and the new laws pertaining to sexting and revenge pornography. Then an attorney will talk about the legal issues and recent social media sites and the prosecution side of these cases.