

## **"The Best Start for Families- A Health Equity Approach"** *(based on the International Child Development Program)*

This program trains: social work and mental health professionals, educators, home visitors, childcare providers, nurses, community leaders, and all who work directly with Parents and Children.

- a) to implement empathy-based, trauma-informed communications, interactions and relationship into their work practice; and
- b) to facilitate community-based Parent/Caregiver Learning Groups to strengthen parents' empathy-based communications, interactions and relationships with children so that children are surrounded by consistent support for their positive development and well-being.

"The Best Start" is adapted and integrated within communities and institutions to be relevant, effective, enjoyable and sustainable for parents/caregivers and their families. Community professionals and parents are trained as The "Best Start" Facilitators to establish the program within the community long-term. Children learn from positive adult-child modeling to support their social and academic success.

"The Best Start" supports parents to gain confidence and become empowered to champion and advocate for their children, as well as for their families and communities.

Programs support diverse families in mainstream communities, families in high-risk communities or those experiencing stress, such as with military parents' reintegration, teen parenting, grand parenting, parenting children with special needs, following family moves, divorce or facing mental health or substance abuse issues, incarceration, or death in the family, job loss, or where extra support is needed.

CCWF Framework of "ICDP: The Best Start" Services:

- A) Community-based facilitated Learning Groups. These strengthen empathy-based Social/Emotional, Cognitive Development & Regulative capacity of parents, as they nurture the positive development of their children.
  - i) Parent/Caregiver Learning Group (weekly sessions (4-20)
  - ii) Children's Program
- B) The "All About YOUth" Program supports youth to better understand themselves, to build healthy relationships. The sessions are structured around activities and discussion questions to explore youth's potential development.
- C) Corporate or Institution-based Learning Groups for staff ensuring a consistent culture of empathy-based interactions and supportive team building.
- D) Professional Development "The Best start" Training Workshops
  - i) "The Best Start" Program Facilitators
  - ii) "The Best Start" implementation at facility-wide level
- E) Training of Trainers in "ICDP: The Best start"
- F) Community Workshops & Public Awareness on Health Equity & Empathy-based Family Relationships (Programming /Education)

## **"The Best Start for Families"** **Strengthens Parent/Caregiver-Child** **(and Adult-Adult) Interactions**

**"The "Best Start for Families"** provides a comprehensive psycho-social approach to strengthening adult caregiver/parent-child relationships by modeling, facilitating and motivating empathy and communications across the spectrum of Adult-Child Interaction. Empathy provides the foundation of attitudes and values, which enables caregivers to confidently experience and communicate their love as they guide the positive development of their children. Community members expand their "zone of empathy" through community-based "Best Start" Trainers and Facilitators of Caregivers/Parent Learning Groups, and supplemental programming for their children. This program builds Social/Emotional, Self-Regulation, and Restorative Practice skills as well as Resilience."

The three ICDP Dialogues promote human development via eight (8) Adult-Child Interactive Guidelines shared by community-based facilitators under contracts of facilitator-caregiver trust, through caregiver learning/support groups (2-Unit Curriculum of 6-10 sessions each) to create school or agency programs which are sustainable over time:

**The Emotional Dialogue** focuses on an exchange of positive emotional expressions between caregiver and child which lead to a secure attachment between them.

- 1) Showing love
- 2) Following and responding to the child's initiatives
- 3) Establishing personal dialogues
- 4) Praising and giving affirmation

**The Comprehension Dialogue** promotes the child's understanding of the world through enriching dialogue, leading to a child's cognitive development and confidence as a leader and learner.

- 5) Helping the child learn to focus
- 6) Describing and conveying meaning
- 7) Expanding on and enriching the child's experience

**The Regulative Dialogue** provides guidance and support to children's actions and sets boundaries/limits to their behavior in a positive way. This enhances the ability of children to plan step by step, to preview the consequences of their own behavior and to develop self-control, responsibility, and respect for others.

- 8a) Setting limits in a positive way
- 8b) Supporting your child with scaffolding
- 8e) Using situations and setting routines to guide behavior
- 8d) Setting limits with consequences, helping children succeed in making good decisions for themselves and others involved

## **"The Best Start for Families"** **Objectives**

"ICDP-USA: The Best Start for Families" aims to develop and sustain quality interactions between caregivers and their children through our Family Program. The "Best Start" approach is based on the idea that the best way to help children is to support and educate children's ecologies-full networks of caregivers, helping to create a stable, protective and positive environment.

### **"Every Parent, Every Child - A Superhero!"**



### **Vaccine Against Violence**

The ICDP program is established in over 30 countries around the world, both as national programs, and as intervention programs- to support children, families and communities with high levels of violence or other issues such as special needs, domestic violence, or child maltreatment.



**"The Best Start for Families- A Health Equity Approach"  
Supports All Families: Parents/Caregivers and Children**

"The Best Start" for Families provides support, knowledge and increases positive experiences which build parent efficacy from showing affection, to communication, teaching, coaching and including positive discipline, that helps children to succeed in making good decisions for themselves and others.

"The Best Start" addresses the child's full developmental ecology with a strengths-based, measurable approach. The Community/Caregiver/Child Capacity Development and Violence Prevention (CCCDVP) framework is aligned with the UN Convention on the Rights of the Child (CRC). This establishes and promotes international best practice in children's right to survival, maximum development, health and social services, and protection from violence and neglect. "The Best Start" provides an integrated approach to community-based child protection & well-being which our community partners adopt long-term.



**CCWF Pillars**

**Education and Training**  
Capacity Development for Parents, Caregivers, Youth, Community Members, and Professionals.

**Protective Environment**  
Strengthening supportive worlds around children, youth, and families.

**Optimum Environments**  
Where families can thrive with the support of and in the shelter of one another, to raise their children as citizens who contribute to the peace and general well-being of their families and communities.

**Education and Training**  
Capacity Development for Parents, Caregivers, Youth, Community Members, and Professionals.

**Providing Support to Your Families  
and Communities**

**The Changing Children's Worlds Foundation  
Objectives**

CCWF strives to improve children's worlds through awareness raising, education & training, and advocacy to advance more peaceful families and communities.

Our programs address a universal need for all families with an especially high benefit for high-risk communities, to build their children's success and maximum development.

Our programs provide the foundations for participants to give to their children more positive life opportunities and experiences than they themselves had. CCWF strives to reduce the incidence of intra-familial violence, maltreatment and neglect through strengthening the capacity of parents, caregivers and communities to care for children's health, development, and emotional well-being.

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Contact CCWF to learn how we can partner to support your work, families, and community or to Volunteer!

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# Changing Children's Worlds Foundation

## Empathy in Action for families and communities

**CCWF Vision:**

For every child and adolescent to be supported in positive development by caregivers and professionals within loving, non-violent families and peaceful communities.

*Serving Children & Parents through Schools and Communities in Illinois and Nationally in Empathy-based Parenting and Family Relationships*

