

Family Strengthening

Poster 1



Family strengthening is a process to enhance the capacity of parents, caregivers, and children to build positive relationships within families and to enable access to social protection services.

It assists families in fostering protective factors that contribute to child well-being, like:

- parent-child relationship,
- social connections,
- awareness of parenting support in times of need,
- emotional competence of children
- facilitating access to income generation initiatives and other social protection services.

Family strengthening should be understood as an umbrella approach to the care of children in their families and prevention of separation and their role in the continuum of care for safe and sustainable family-based care.

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Prevention of separation

Transition from Child Care
Institutions (CCIs) to families

Why is family strengthening and how does this relate to service in the continuum of care

While looking at the major reasons for the institutionalization of children like Loss of secure income/extreme poverty, divorce/separation, domestic violence, abuse/neglect, substance abuse, illness of parent or child, disability of child, loss of accommodation, stigma, lack of support from extended family, lack of access to social welfare, being born out of wedlock, etc, it was found that there are many risks within the families that have resulted in children being separated from the family for no fault of theirs.

Family strengthening services aim to reduce risks and promote a protective environment for the well-being of children and families.

Family strengthening is essential for:

Supporting vulnerable families in child care roles;

01

Supporting families caring for children with inadequate parental care and vulnerable children in alternative care arrangements (kinship care, foster care);

02

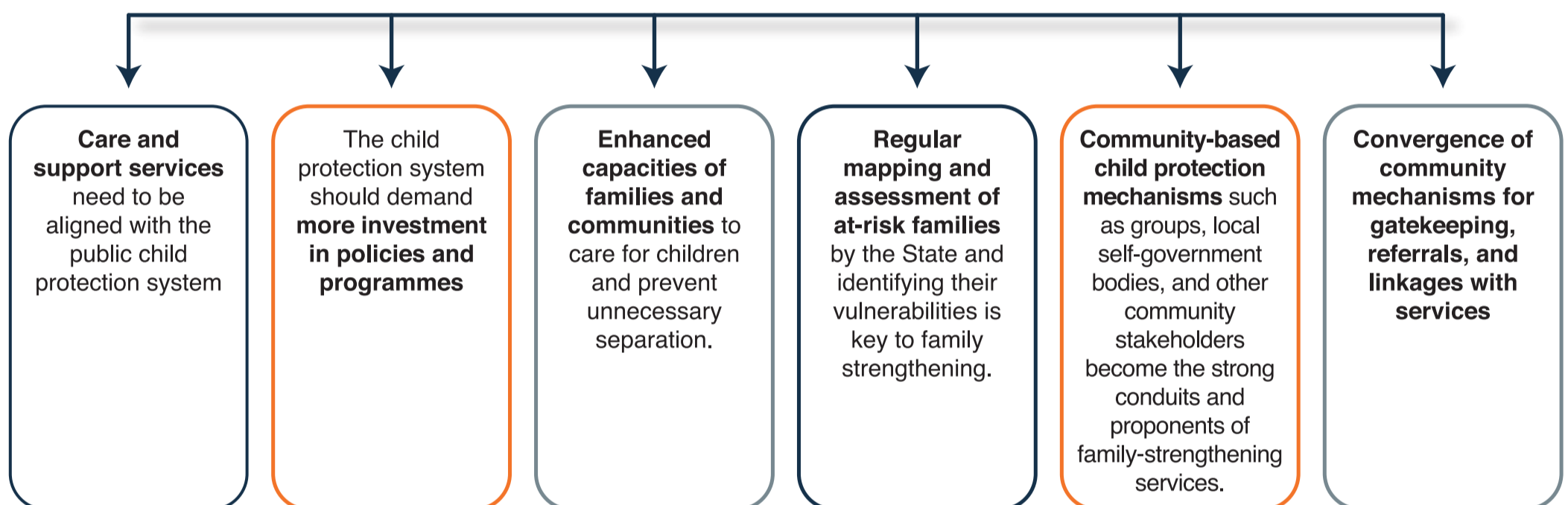
Reintegrating children in institutional care into the care of their parents or family-based care.

03

Components of family strengthening

Given the scope of family strengthening programmes, a multi-sectoral preventive approach is essential. Components of family strengthening are non-exhaustive and wide-ranging. It considers the needs of all vulnerable families facing a crisis, including kinship families, single parents, etc.

Components of family strengthening



Principle of family strengthening:

Children may be pushed out of the protective net of their families due to several stressors, which are unique to every community, family, and child. The length of support depends on the individual situation but is designed to achieve sustainable change. This avoids the family from becoming dependent on the support structure. It focuses on the family's strengths as well as its challenges.



Family strengthening services consist of (and are not limited to) the following:

Miracle Foundation India has kept the focus on family strengthening as an approach and has selected five well-being domains from a wide range of services, to prevent separation and to make a family a sustainable, thriving unit after necessary support and interventions.

The five well-being domains are:

Family and social relationships include behaviours that:

- 01 Help to establish or improve contact with relatives
- 02 Help to develop a support network within the community
- 03 Give referrals to community programmes
- 04 Support the development of social skills and understanding of socially acceptable behaviour
- 05 Support behaviour change regarding abuse/misuse of substances
- 06 Support dealing with domestic violence
- 07 Lead to referral with other organisations

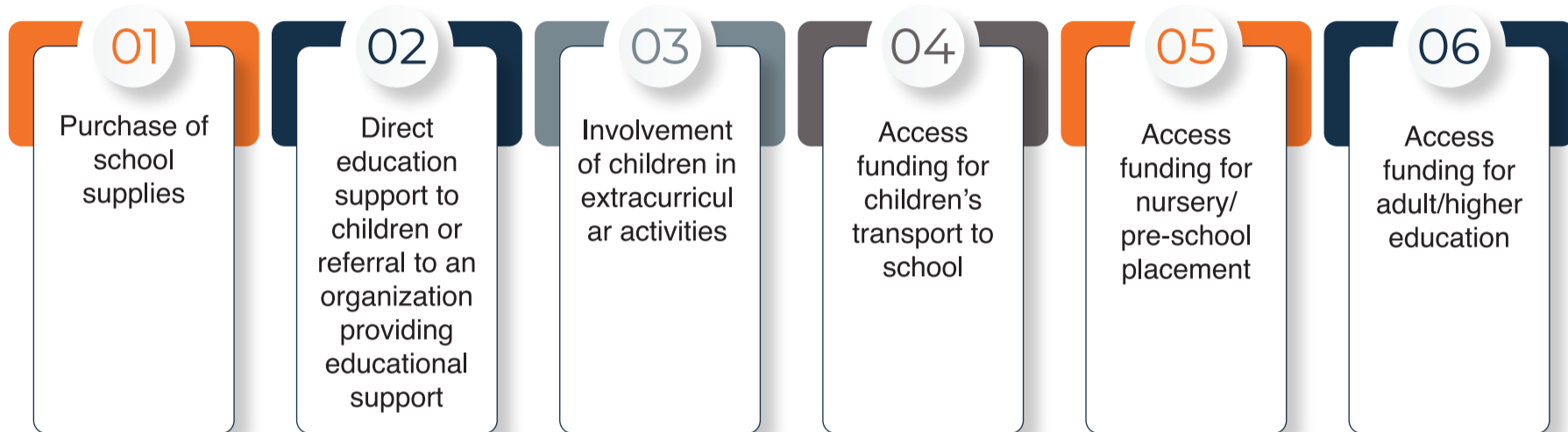
Living Conditions:

- 01 Assistance in finding adequate and secure housing
- 02 House repairs
- 03 Assistance in accessing electricity and running water
- 04 Purchase of furniture, household appliances, and equipment
- 05 Payment of rent for a short period
- 06 Payment of household bills for a short period
- 07 Purchases of food and other household supplies for a short period

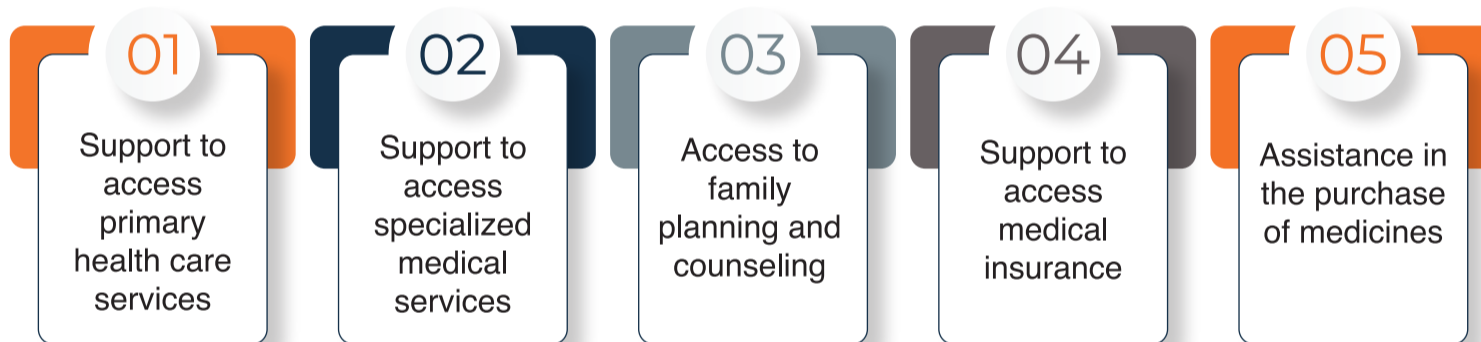
Employment and Household Economy

- 01 Support to access state benefits
- 02 Assistance to understand budgeting and saving
- 03 Support to increase household income
- 04 Assistance in obtaining employment
- 05 Payment of rent for a short period

Education



Physical and Mental Health



Reference: EVERY CHILD'S RIGHT TO FAMILY LIFE: AN INTRODUCTION TO FAMILY STRENGTHENING AND ALTERNATIVE CARE IN INDIA: IACN, Hope & Homes for Children and UNICEF