

Healthy Relationship Initiatives

**DAVIS 4
HEALTH**

Evidence-based curriculum and programs implemented by multiple agencies in Davis County
Updated 2/2023

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

churchofjesuschrist.org/topics/family/strengthening-marriages-and-families



Curriculums: Strengthening Marriage, Strengthening the Family, Marriage and Family Relations, Parents Guide

DAVIS BEHAVIORAL HEALTH

dbhutah.org/prevention/



Classes: Circle of Security Parenting, Emotion Coaching, Everyday Strong, Mindfulness-based Stress Reduction, Strengthening Families, and more

DAVIS COUNTY DOMESTIC VIOLENCE COALITION

dcdvc16@gmail.com



Training: Bystander Intervention

DAVIS COUNTY HEALTH DEPARTMENT

emerrill@co.davis.ut.us



Classes: Making Proud Choices, Teen Outreach Program

GRANDFAMILIES

brittany@cssutah.org



Class: Botvin LifeSkills

SAFE HARBOR

safeharborhope.org/services/prevention-education/
or 801-444-9161



Classes: Healthy Relationship, Trauma Therapy Group, Teen Sexual Assault & Recovery, Domestic Violence 101, Parenting After Trauma

UTAH STRENGTHENING FAMILIES NETWORK

debbiecomstock7@gmail.com



Classes: Strengthening Family Support 5 Protective Factors, National Standards of Family Support Practice

UTAH MARRIAGE COMMISSION

extension.usu.edu/strongermarriage/



Services: webinars (dating, marriage, communication, etc.), relationship assessment, ePREP online relationship course

UTAH STATE UNIVERSITY EXTENSION

healthyrelationshipsutah.org



Classes: Smart Steps for Stepfamilies, Home Run Parents, Parenting the Love & Logic Way, Fatherhood Education, Smart Dating, Avoid Falling for a Jerk & Jerkette, and Couple Links

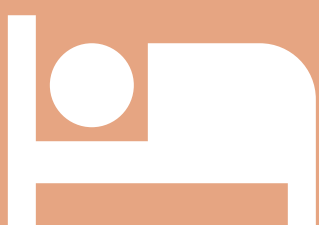
(This is not a comprehensive list of all programs in Davis County)

Tips for parents, teachers, neighbors, and other trusted adults

Start building everyday resilience by meeting physical needs, creating safety, fostering connection, and building confidence in the children around you.

PHYSICAL NEEDS

When a child's physical needs are met, it lays the foundation for the rest of their well-being



- **BE AWARE OF TIREDNESS** - reflect with the child how tiredness affects emotions
- **ENJOY MOVING OR A SENSORY EXPERIENCE** - swim, throw a ball, play in sand or slime; walk barefoot or feel the sun on your face
- **BE MINDFUL OF BREATHING** - encourage deep breaths and a full body check in
- **OFFER FOOD TO CONNECT AND SUPPORT** - nutritious food can stabilize emotions and show that we care

SAFETY

A child who feels safe knows they can be themselves and trusts that you will love them no matter what



- **SAFE TO TALK** - in an emotional conversation, stay engaged and listen without talking
- **SAFE TO BE YOU** - praise something unique about them
- **SAFE TO FEEL** - when a child is overwhelmed with emotion, validate their feelings instead of trying to eliminate the problem
- **SAFE TO SEPARATE** - emphasize that your child is still in your thoughts when they're away
- **SAFE TO FAIL** - share a story about a failure or mistake that you made in your own life

CONNECTION

Connection is when a child feels truly understood



- **CONNECT BY APOLOGIZING** - sincerely apologize for a past offense or hurt
- **CONNECT THROUGH WRITING** - write a note and leave it to be found
- **CONNECT IN PLAYING** - take time to play, especially when you would have previously said no
- **CONNECT BY ASKING** - ask questions that show you are interested in who they are
- **CONNECT THROUGH LAUGHING** - find ways to cultivate humor in your relationships

CONFIDENCE

Confidence is a sense of independence that comes when children develop skills and qualities that help them feel capable.



- **BUILD CONFIDENCE BY EXPRESSING CONFIDENCE** - give calm reassurance and encouragement showing trust in the child's ability to work through a challenge
- **BUILD CONFIDENCE BY NAMING THE PROBLEM** - changes the problem solving from a "me fixing you" to an "us fixing it"
- **BUILD CONFIDENCE BY REMEMBERING** - take some time to reflect on the positive things that they did that day