



ChildStrive   
Little Steps to Big Possibilities

[www.childstrive.org](http://www.childstrive.org)



RESTORATIVE PRACTICE

RESILIENCE

MINDFULNESS

INFANT MENTAL HEALTH

PARENT COACHING

NATURAL LEARNING

*"I cannot say enough about ChildStrive. Their positive influences early on create a lifetime of possibilities. Our son would not be who he is today without them."*

ChildStrive Alumni Parent

## Engage Early Expand Possibilities Empower the Future



### ChildStrive's Approach to Healthy Development

ChildStrive uses a number of practices proven effective through research. These practices are applied across all programs and together provide an approach that is highly effective at building the competence, confidence and **RESILIENCE** of families while maximizing the healthy development of their children.

**RESTORATIVE PRACTICES** build healthy communities, increase social capital, reduce the impact of crime, repair harm, and restore relationships. The fundamental premise is that people are more likely to be happier and make positive changes when we do things **with** them, rather than **for** them.

**MINDFULNESS** gives parents concrete tools to manage stress when facing challenges. Reducing stress prevents children's exposure to toxic stress, which is proven to negatively impact development. Ability to manage stress is key to familial resilience.

**INFANT MENTAL HEALTH** supports the parent/child relationship to promote infant well-being during the period of our most rapid brain development, birth to three years.

**PARENT COACHING** allows families to build on the skills and knowledge they already have through reflective questions that help parents practice problem-solving, identify their strengths, and discover their own parenting path.

**NATURAL LEARNING** allows children and families to explore in their natural environment and learn through connections with their closest family members. Parents are able to see how their children learn in their own home and how to support that learning.

**ChildStrive has helped families build a different future for more than 50 years. Our evidence-based practices and programs work with families and community to establish a trajectory of success.**

**Early Intervention** provides in-home services to families with children who have a developmental delay or disability. Our family-centered approach sends specialized educators, therapists, and counselors to work with families in their home or childcare.

**Nurse-Family Partnership** pairs specially trained nurses with first-time mothers in their first or second trimester of pregnancy. Our nurses work with moms to make healthy lifestyle choices, strategize the steps to realize their goals, and develop strong parenting skills.

**Parents as Teachers** strengthens families through in-home parenting support. The program focuses on serving families who are experiencing low income, unstable housing, domestic violence, traumatic events, or other unusual family circumstances.

**Community Engagement** partners with childcare centers, homeless shelters, and community programs to work with families who are at-risk due to economic hardship or other life trauma. The program helps ensure that children are progressing toward school readiness and have the tools needed for a successful future.

**Get Connected**  
425.245.8377

**ChildStrive believes that lasting change requires more than providing direct service to one child.**

We know that childhood experiences and toxic stress impact the health and success of families for generations to come. We are committed to a restorative framework because we know that by looking beyond the individual and supporting a healthy family and community we can positively impact a family's trajectory for generations to come. A restorative approach requires supporting and engaging the whole child, the whole family, and the whole community.

ChildStrive partners with families to support young children's success in daily life and in the community. Our work is family centric, community based, and informed by Neuroscience. ChildStrive is the only organization in Washington State that provides this unique continuum of programs to families, including Early Intervention, Parents as Teachers, Nurse-Family Partnership, and Community Engagement.

## Connect with Us

### Contact a Program or Service

Looking for support for your family?  
Give us a call today.  
425.245.8377

### Volunteer with Us

425.353.5656 x7130  
volunteer@childstrive.org

### Support the Work

425.353.5656 x7130  
marketing@childstrive.org  
childstrive.org/support/donate

14 E. Casino Road  
Everett, WA 98208  
425.353.5656  
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For general inquiries, please contact  
425.353.5656 or info@childstrive.org

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