



# First 5 Humboldt Offerings

## FOR FAMILIES

First 5 Humboldt offers valuable learning opportunities for caregivers and families through our training sessions and workshops. We provide parenting support, self-regulation skills, and family bonding techniques. If you'd like us to facilitate a session or collaborate with your organization, please fill out the request form linked below

### ABRIENDO PUERTAS/OPENING DOORS

#### *Available Now*

Abriendo Puertas is a ten-session program designed by and for Latino families, focused on leadership and advocacy for parents with children ages 0-5. The mission of Abriendo Puertas is to support parents as leaders of their families and as their child's first and most influential teacher in a home that serves as their child's first school. Abriendo Puertas provides a welcoming space for families to build social capital with information, resources, and activities they can use on a daily basis

### TRIPLE P- POSITIVE PARENTING PROGRAM

#### *Available Now*

Triple P is an evidence-based parenting program supported by more than 35 years of ongoing research. Triple P provides parents with simple, practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior, and foster resilience. This is a 3-part series that is court-approved; each session can be attended individually.

### INFANT MASSAGE

#### *Available Now*

First 5 Humboldt staff provide 5-session courses on the benefits of loving touch for caregivers and babies up to 12 months old. Infant Massage classes can be offered to groups of 5-6 families or on an individual basis.

### COMMUNITY RESILIENCE MODEL (CRM)

#### *Available Now*

#### *For both caregivers and providers*


The Community Resiliency Model (CRM)<sup>®</sup> trains community members to help not only themselves but also others within their wider social network. The primary focus of this skills-based stabilization program is to reset the natural balance of the nervous system. CRM's goal is to help create 'trauma-informed' and 'resiliency-focused' communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

### MAKE A REQUEST



To request training, click above or reach out to our community engagement team!

 [first5humboldt@co.humboldt.ca.us](mailto:first5humboldt@co.humboldt.ca.us)

 (707) 445-7389



# First 5 Humboldt Offerings

## FOR PROVIDERS

First 5 Humboldt offers specialized trainings and workshops for organizations, agencies, and community groups. We tailor each session to your needs, focusing on early childhood development, trauma-informed care, and other strength-based approaches. To request a training, please fill out the form linked below

### AGES & STAGES DEVELOPMENTAL SCREENING TOOLS ASQ

#### Available Now

The Ages and Stages Questionnaire is a developmental screening tool that helps identify children's strengths as well as areas where they can continue to grow. The ASQ honors parents and caregivers as the true experts on their child and encourages their administration and participation. First 5 Humboldt staff can provide training on what the ASQ is, how to administer and interpret the results, and how to discuss the ASQ with families and support them through the process.


We offer trainings on both the ASQ-3 and ASQ:SE-2.  
[Click Here](#) to see the difference.

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### BUILDING RESILIENT COMMUNITIES

#### Available Now

#### **Adverse Childhood Experiences (ACEs):**

First 5 Humboldt offers trainings on Adverse Childhood Experiences, the impacts of stress on the developing brain and body, and how to support children and families in building resilience. These trainings are offered by request and are designed to be tailored to meet the needs of various audiences, including schools, community organizations, early childhood, and healthcare.

#### Available Now

#### **Strengthening Families:**

The Strengthening Families Protective Factors Framework is a national and international initiative that aims to develop and enhance five specific characteristics (called protective factors) that help keep families strong and children safe from abuse and neglect. The framework helps professionals working with children and families promote the optimal development of all children while approaching families from a strengths-based perspective.

#### Available Now

#### **Trauma-Informed Practice:**

This training will introduce the subject of early trauma and its impact on young children's brains, behavior, learning, and development. We will look at brain science, our own triggers, and trauma-sensitive strategies to create environments that support children's health, healing, and resiliency.