



Empowering Families

Questions for Reflection

What does empowerment mean to me?

How can I incorporate coaching & mentoring strategies into my work?

How can I incorporate the goal setting strategies into my own life?

The Five Pillars for Children

- health & well-being
- social emotional
- self-regulation
- preparing for independence
- educational progress

Strategies for Empowerment:

- calming down
- assessing situations
- setting goals
- making plans
- asking for help
- making decisions



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Resources to Explore

Sesame Street in Communities was designed with a partnership mentality in mind. We create materials to help support providers like you in your work with kids and families. You can utilize our resources to help families set and achieve goals in essential areas of their lives. Here are examples of *Sesame Street in Communities* topics and resources that can support some of the pillars outlined in EMPATH's model:

Health and Well-Being

Eating Well Topic Page: sesamestreetincommunities.org/topics/eating

Staying Healthy Topic Page: sesamestreetincommunities.org/topics/health

Social Emotional

Caring and Sharing Topic Page: sesamestreetincommunities.org/topics/caring

Self-Regulation

Executive Function Milestones Article: <http://bit.ly/2wVeaLi>

Resilience Topic Page: sesamestreetincommunities.org/topics/resilience

Educational Progress

Learning Through Routines Topic Page: sesamestreetincommunities.org/topics/routines

Reading and Writing Topic Page: sesamestreetincommunities.org/topics/reading

Developing Math Skills Topic Page: sesamestreetincommunities.org/topics/math

More from Economic Mobility Pathways:

www.EMPathways.org

Using Brain Science to Create New Pathways Out of Poverty [PDF]

Families Disrupting the Cycle of Poverty: Using an Intergenerational Lens [PDF]