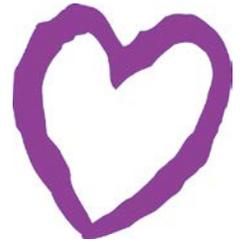




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HILLSBOROUGH COUNTY

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FAMILY  
RESOURCE CENTERS



## Brandon Success Story

# Continuing with Confidence



### Five Protective Factors: Parental Resilience

*Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.*

**All programs and services are at no charge to families and individuals.**



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Max was 7 months old when he first visited the Children's Board Family Resource Centers in Brandon after finding out about them online. His mother, Melissa, had been concerned because he was an only child and very shy. She and her husband, John, decided to try Baby & Me first, a developmental playgroup provided at the Center by Champions for Children's Baby Bungalow program.

As Max developed, he went from walking to running, Melissa often had to pull him out of the classes out of frustration. The Center staff connected her to one of the child development specialist. After meeting with the specialist, Melissa expressed how grateful she was that the specialist was able to put her at ease. She explained, "Coming to the Center has helped me to feel more confident especially when he has rough days. I realize now that I am not the only one! This is normal behavior. Just being more confident, knowing that he has normal development, has eased my stress!"

Melissa feels that having the opportunity to speak with other parents is also beneficial. She adds, "Before coming to the Center, after Max was born, I had no support. Here, I realize that things you go through, everyone also goes through and you are not the only one! One day, Max smashed something here at the Center. It fell and cracked. Another mother assured me and told me, 'It's okay!' You also learn what other parents do and you try it. It may not work but it is ok! You learn that just because a child is the same age, it doesn't mean that they have to be on the same level of development!"

Their experience has taught her that she can overcome struggles and have a positive impact. Melissa says, "Even though he struggled with Little Amigos, one day he gave me the maracas and said, 'La Bamba!' He learned from it!"

Her husband really enjoys participating in the Saturday Music & More classes. Since he works during the week, it is perfect for him and Max. Melissa tells us that when she asked Max if he wanted to come to the Center, he responded, "Yes!" Then, he got his socks and shoes on and even though it wasn't time, he was already dressed and ready to go! She shares, "He seems to flourish after coming here - combination of him coming here and my confidence! This is such a valuable resource! We do not know what we would do or where we would be without this Resource Center! We will continue to bring him as long as we can!"

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