

Tips for Working With Specific Groups

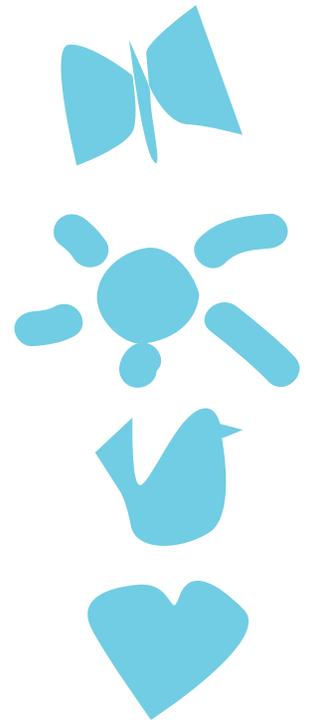
Everyone has something to contribute to a community family strengthening effort. The following are suggestions for ways your partnership might engage and collaborate with specific groups.

Partnering With Faith Communities

- Attend regularly or make a one-time presentation on protective factors to interfaith groups working on community needs and services. (See Talking Points, page 44.)
- Listen and seek to understand the faith communities' beliefs and values regarding protecting children and strengthening families. Demonstrating respect for their faith is important when approaching religious and lay leaders.
- Train religious and lay leaders about the five protective factors, as well as how to recognize the signs and symptoms of abuse and neglect, work with victims and their families, and make appropriate referrals.
- Organize parent education and support group meetings at faith community facilities.
- Support the development of mentoring programs within congregations for children and families under stress.
- Encourage religious and lay leaders to publicly acknowledge child abuse and neglect as a major concern for the faith community, and affirm that they are dedicated to supporting families and protecting children.

Partnering With Parents and Caregivers

- Reach out to community parent councils or forums. Support the development of such councils where they do not currently exist.
- Provide community-based family mentoring services to strengthen family relationships.
- Organize workshops to teach parents how to access services to meet their families' needs, including finding adequate medical care, pursuing educational opportunities, and accessing job information. Include parent leaders as presenters.
- Create opportunities for parent volunteers to participate in community activities such as safety initiatives, after-school programs, mentoring programs, food drives, and other events.
- Ask experienced parent leaders to serve as mentors for family members who are just joining the group.



Tips for Working With Specific Groups

Partnering With the Courts

- Provide information, tools, and training about protective factors to judges, guardians *ad litem*, and others involved in making best interests determinations for children.
- Create substantive roles for parents and community stakeholders in the juvenile dependency court system to promote a better understanding of the challenges faced by those who come before the court.
- Set up formal referral systems to direct parents to legal service providers within the community.
- Create support groups among parents currently or previously involved with the court system.

Partnering With the Media

- Develop a clear communications plan that includes your initiative's key messages, communication objectives, and targeted outreach to media outlets.
- Plan a community-wide campaign that gives increased visibility to community partners and families being served by the community partnership. Use the sample press release and public service announcements on pages 50-53.
- Consider inviting media representatives to participate in your community-wide effort, and keep them informed regularly of your progress and challenges.
- Propose an editorial briefing on the protective factors and how community members can help families stay healthy and strong.
- Offer members of your community partnership as experts on family health and safety, protective factors, and child abuse prevention.

Partnering With Early Childhood Centers and Schools

- Attend parent meetings or conduct community forums or workshops with early childhood centers and schools to talk with parents about protective factors.
- Schedule joint trainings with staff about the protective factors and child abuse prevention, and how this information can be incorporated into their work with parents.
- Seek opportunities to sponsor joint events with early childhood centers and schools.
- As these relationships develop, you may offer to provide onsite services to children and families. This can be an important first step in building families' comfort with pursuing services.

Partnering With Business Leaders

- Recruit a high-profile community business leader to serve on the governance board for your community-based partnership. Encourage him or her to challenge other business leaders to contribute to the effort.
- Publicly recognize companies with family-friendly services and policies, such as onsite child care, flexible scheduling, and telecommuting.

Tips for Working With Specific Groups

- Identify ways that employee volunteer programs could work to support safe and healthy families in the community.
- Partner with businesses to offer workshops for employees on the protective factors, child development, parenting skills, and stress reduction.
- Ask businesses to consider including family-strengthening messages in their advertising or product packaging.

Partnering With Policymakers

- Write or call your local legislator and make him or her aware of the research demonstrating how the five protective factors help prevent child abuse and neglect. Briefly point out your community's current strengths and needs. (See the sample letter to legislators on page 54.)
- Host a community event with your legislator at a local school or family center and invite community partners and families.
- Organize a town hall meeting with your legislator and other community leaders to address issues affecting local families.
- Build long-term relationships with your legislator and his or her staff; keep them informed of community issues.

Partnering With Culturally Diverse Families and Communities

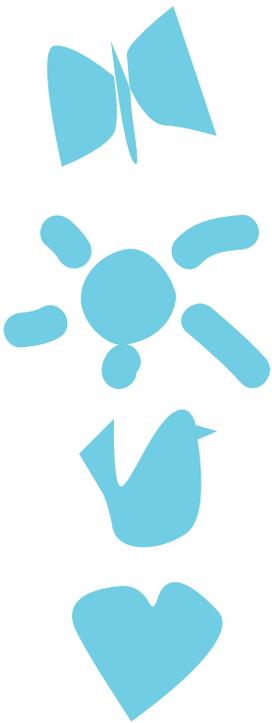
Partnering with families and communities of diverse racial and ethnic backgrounds, lifestyles, and beliefs requires an organizational investment in addressing differences in positive and productive ways. Here are a few examples:

- Different cultures define the concept of “family” in very different ways. Respect each family's own definition.
- Begin a workshop or retreat with a demonstration of spirituality drawn from the culture of one or more of the families present. This can prepare participants emotionally and mentally for the activities of the day, while acknowledging a strength of that family's culture to the entire group.
- Classes that introduce traditional child-rearing practices from various cultures may help young parents raise their children in a positive and culturally knowledgeable manner.
- Ethnic street fairs offer families a way to enjoy their cultural heritage in the company of others. Community organizations can provide prevention information and educational materials at booths and through family-friendly activities like parent-child art workshops and puppet shows.

For more information about culturally competent work with families, visit:

www.childwelfare.gov/systemwide/cultural/families

Talking Points



Supporting families by ensuring parents have the knowledge, skills, and resources they need is an effective way to protect children from the risk of child abuse and neglect. Everyone can play a part in making your community a better place for families to raise healthy children. The following talking points provide ideas for how to share this important message.

These talking points might be useful to those just starting a community-wide strengthening families initiative, or when inviting new partners to join. They can be used with community groups or the media. Each audience will have its own interests, questions, and needs, so tailor your presentation to fit the unique circumstances. Engage your audience throughout your presentation by inviting them to contribute their own ideas about how your community can better support families. Close your presentation with a clear call to action.

What do we know about protecting children?

- When a parent treats a child with respect, love, and understanding, it affects the child for a lifetime—making it easier to develop and keep friendships, succeed in school and work, sustain a happy marriage, and parent effectively.
- Unfortunately, many factors can limit parents' ability to protect and nurture their children. These can put families at risk for abuse and neglect.
- Certain factors have been shown to serve as buffers against these risks, enhancing parents' coping skills and helping them to raise happy, healthy children, even under stress.
- On average, children raised in households headed by two parents in a healthy marriage fare better than children who grow up in other family structures.

What are the protective factors that strengthen families?

The best thing our community can do to protect children is to help strengthen families by promoting the following five protective factors:

Nurturing and attachment

Parents and caregivers who bond with and respond to the basic needs of their babies and young children lay the foundation for a positive and loving

relationship. They also stimulate the growth of their child's brain and help their child learn how to interact in positive ways with others.

Ways our community can promote parental nurturing and attachment:

- Sponsor workshops for caregivers on playing with infants and young children.
- Provide quiet, private places for mothers to breastfeed and for all caregivers to tend to their babies' needs.
- Recognize local businesses with family-friendly policies, such as flexible work schedules, paid maternity/paternity leave, and paid family sick leave, that give parents time to bond with or care for their children.

Knowledge of parenting and of child and youth development

Helping parents learn about normal infant, childhood, and teen development will help them understand what to anticipate as their children grow and develop, and what types of support and discipline may work best at each stage.

Ways our community can enhance knowledge of parenting and of child and youth development:

- Supply local pediatricians with reproducible factsheets about child development that can be given to parents during well-child exams.
- Sponsor classes and support programs for new parents.
- Offer trainings for child care providers and teachers about key aspects of child development and the relationship between effective parenting and brain development.
- Disseminate information to the community about normal crying and activity levels of children at different ages to increase understanding and help reduce pressures on parents.

Parental resilience

Parenting can be stressful, especially when parents are also managing work demands or unemployment, financial worries, illness, or difficulties with a spouse or others. Parents who have support and skills for managing stress will be better able to cope with day-to-day challenges.

Ways our community can strengthen parental resilience:

- Explore how local faith communities organize members to support new parents or other families under stress. Share effective models with other groups.
- Offer free or low-cost stress management classes at local community centers, businesses, or schools.
- Sponsor communication and conflict resolution classes for couples.
- Provide brochures and other resources for teachers and child care providers to share with parents who are under significant stress.

Talking Points

Social connections

For most of us, family, friends, and neighbors form a network that provides social interaction, recreation, advice, and help. When parents have the opportunity to interact with, learn from, and seek the support of other adults, their children benefit.

Ways our community can help parents build social connections:

- Sponsor multigenerational activities like picnics and street fairs that reflect the community's culture through music, food, and games. Involve parents in organizing these events.
- Recruit volunteers for mentoring programs such as Big Brothers Big Sisters, Befriend-a-Child, or Family to Family.
- Provide safe, accessible venues for young families to meet and socialize, such as libraries, parks, and preschools.

Concrete supports for parents

When parents are not employed or face other challenges, they may need assistance in order to provide adequate food, clothing, housing, and medical care for their children. These supports may reduce the stress parents feel in difficult circumstances, giving them more energy to nurture and support their children.

Ways our community can help ensure adequate concrete supports for families:

- Provide a community-wide “system of care” for families needing services, to ensure they do not fall through the cracks.
- Make information about accessing community resources (e.g., housing, health care, employment assistance) readily available no matter where families initially turn for services.
- Educate candidates and elected officials about issues in our community and the need for services and programs that support healthy and safe children and families.
- Encourage service providers to collaborate, leverage funding, and share resources to address specific needs.

Call to action: How can we work together to strengthen our community?

(Mention some of the supports currently available in your community, including the efforts of your community-wide family strengthening partnership, if applicable.)

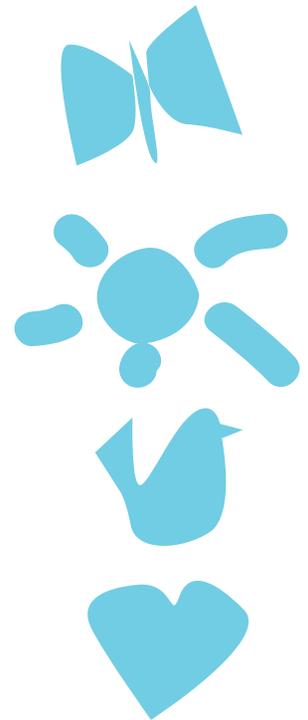
Anything we do to strengthen and support families in our community helps reduce the likelihood of child abuse and neglect. This month and throughout the year, let's focus our attention on prevention efforts that support parents and create healthier communities for children.

- Which needs are most urgent in our community?
- Which of the ideas we have talked about today would help address those needs?
- How can you help?

Temas de conversación

Apoyar a las familias dando a los padres la información y los recursos que necesitan es una buena manera de proteger a los niños del riesgo del maltrato de menores. Todos pueden jugar un papel en lograr que la comunidad sea un lugar más seguro para las familias que desean criar niños sanos y seguros. A continuación ofrecemos varios temas de conversación para estimular el diálogo comunitario y dentro de las familias. Estos temas de conversación pueden resultar útiles a la hora de transmitir su mensaje.

Los temas de conversación pueden servir a las personas que apenas comienzan a preparar una iniciativa comunitaria para fortalecer a las familias o a los que buscan nuevos socios comunitarios. Además, los temas pueden servir para dirigirse a diferentes grupos comunitarios o a los medios de comunicación. Cada público tiene sus propios intereses, preguntas y necesidades, y es conveniente que adapte su presentación según las circunstancias. Cuando dé una presentación, deje que los demás participen para que den sus ideas respecto a lo que la comunidad puede hacer para apoyar a las familias. Cierre su presentación haciendo un llamado a la acción.



¿Qué sabemos sobre la protección de menores?

- Cuando un padre trata a un niño con respeto, amor y paciencia, esto afecta al niño de por vida facilita su capacidad para desarrollar y cultivar amistades, para sobresalir en la escuela y el trabajo, para mantener un matrimonio feliz y para que un día él sea un buen padre.
- Desgraciadamente, hay muchos factores que limitan la habilidad de los padres para proteger y cuidar a sus hijos. Estos factores ponen a las familias en riesgo de abuso y negligencia de menores.
- No obstante, hay ciertos factores para disminuir estos riesgos y para ayudar a los padres a criar niños sanos y felices sobreponiéndose al estrés o a situaciones difíciles.
- En promedio, les va mejor a los niños que se crían en hogares donde hay matrimonios sanos que aquellos que se crían bajo otras estructuras familiares.

¿Cuáles son los factores de protección que fortalecen a las familias?

Lo mejor que puede hacer nuestra comunidad para proteger a los niños es fortalecer a las familias promoviendo estos cinco factores de protección:

El cariño y la cercanía

Los padres y cuidadores que desarrollan un lazo afectivo y que satisfacen las necesidades básicas de sus bebés e hijos pequeños establecen las bases de una relación amorosa y positiva. También estimulan el desarrollo del cerebro de sus hijos y los enseñan a relacionarse de manera positiva con los demás.

Temas de conversación

Lo que nuestra comunidad puede hacer para promover el cariño y la cercanía de los padres:

- Patrocinar talleres para enseñar a los padres o cuidadores cómo jugar con bebés y niños pequeños.
- Disponer de lugares donde las madres puedan dar pecho a sus hijos y donde los cuidadores puedan hacerse cargo de sus bebés.
- Dar reconocimiento a las empresas locales que dispongan de horarios flexibles, beneficios de maternidad o paternidad, o políticas para el bienestar de la familia que permitan a los padres formar un vínculo afectivo con sus hijos.

Conocimientos de crianza y del desarrollo infantil y juvenil

Ayudar a los padres a aprender sobre el desarrollo normal de los bebés, los niños pequeños y los adolescentes los ayudará a entender lo que pueden anticipar conforme sus hijos crecen, y los tipos de ayuda y disciplina más adecuados a cada etapa de desarrollo.

Lo que nuestra comunidad puede hacer para promover los conocimientos de crianza y del desarrollo infantil y juvenil:

- Repartir folletos reproducibles sobre el desarrollo de los niños a los pediatras que tienen consultas frecuentes con familias hispanohablantes.
- Patrocinar clases y programas de apoyo para los padres que esperan su primer bebé.
- Ofrecer entrenamientos para maestros y proveedores de cuidado infantil sobre los aspectos clave del desarrollo de los niños y la relación entre la crianza efectiva y el desarrollo cerebral.
- Difundir información en la comunidad sobre los niveles normales de actividad y de llorar en las diferentes edades para aumentar el entendimiento y ayudar a reducir las presiones en los padres.

La capacidad de los padres para salir adelante

Ser padre o madre puede ser estresante. Sobretodo cuando los padres trabajan o están desempleados o cuando tienen preocupaciones financieras, están enfermos o experimentan dificultades en su matrimonio o con otras personas. Los padres que cuentan con el apoyo para sobreponerse al estrés están en mejor posición para enfrentar retos cotidianos.

Lo que nuestra comunidad puede hacer para fortalecer la capacidad de los padres para salir adelante:

- Aprender de las comunidades religiosas locales que dan apoyo a padres primerizos y otras familias estresadas. Compartir estrategias efectivas con otros grupos.
- Ofrecer clases para controlar el estrés gratuitas o de bajo costo en centros comunitarios, empresas o escuelas.
- Organizar clases de comunicación y resolución de conflictos para las parejas.
- Proveer folletos y otros recursos para maestros y proveedores de cuidado que trabajan con familias hispanohablantes.

Vínculos sociales

La familia, los amigos y los vecinos forman una red de apoyo que beneficia a la familia. Con frecuencia, estos contactos sociales nos proporcionan momentos de diversión, apoyo financiero o información para tomar buenas decisiones. Los niños se benefician cuando los padres se mantienen en contacto con otros adultos o con sus familias.

Lo que nuestra comunidad puede hacer para promover los vínculos sociales de las familias:

- Patrocinar actividades intergeneracionales como picnics o ferias comunitarias que reflejen la cultura de la comunidad por medio de juegos, música o comida. Promover la participación de los padres al organizar estos eventos.
- Reclutar voluntarios para programas de apoyo a la juventud como Big Brothers Big Sisters, Befriend-a-Child o Family to Family.
- Ofrecer lugares seguros y accesibles (bibliotecas, parques, escuelas) donde las familias puedan conocerse y socializar.

Apoyos concretos para los padres

Cuando los padres están desempleados o cuando enfrentan otros retos, es posible que necesiten ayuda para que sus hijos cuenten con un lugar para vivir, cuidado médico, una alimentación adecuada, ropa y otras cosas necesarias para su desarrollo. Estos apoyos concretos pueden reducir el estrés de los padres que atraviesan circunstancias difíciles, dándoles más energía para cuidar y apoyar a sus hijos.

Lo que nuestra comunidad puede hacer para proveer apoyos concretos a las familias:

- Ofrecer servicios comunitarios de cuidado y asistencia para las familias que necesiten estos servicios. Asegurarse de que estas familias no queden olvidadas.
- Diseminar y hacer accesible la información sobre los recursos comunitarios (vivienda, cuidado médico, asistencia laboral) sin importar el lugar donde las familias acudan en busca de ayuda.
- Educar a los funcionarios públicos y a los candidatos para puestos públicos sobre temas comunitarios de importancia y la necesidad de servicios y programas para promover familias sanas y seguras.
- Animar a los proveedores de servicio para que colaboren y encuentren opciones de financiamiento y para que compartan los recursos destinados para iniciativas específicas.

Un llamado a la acción: ¿cómo podemos trabajar juntos para fortalecer a nuestra comunidad?

(Mencione los apoyos disponibles en su comunidad, incluyendo las iniciativas de su alianza comunitaria para fortalecer a las familias, en caso de haberlas.)

Lo que hagamos juntos para fortalecer a las familias en nuestra comunidad ayudará a reducir la incidencia del maltrato de menores. Durante el mes de abril y en el transcurso del año hay que promover las iniciativas de prevención para apoyar a los padres y crear comunidades sanas y seguras para los niños y la juventud.

- ¿Cuáles son las necesidades urgentes de nuestra comunidad?
- De todas las ideas de las que hemos hablado hoy día, ¿cuáles pueden servir para dar respuesta a estas necesidades urgentes?
- Y usted, ¿cómo puede ayudar?

Sample Press Release for National Child Abuse Prevention Month

Release Date: [DATE]
Contact: [NAME & TITLE]

Phone: [PHONE NUMBER]
[CELL PHONE]
Email: [EMAIL]

We All Can Play a Part in Strengthening Families

April Is National Child Abuse Prevention Month

CITY, STATE – [MONTH DAY, YEAR] – [Start with a summary of essential information about your story. This lead paragraph should be brief and answer who, what, when, where, and why questions. Some suggestions: (1) Details of your organization’s Child Abuse Prevention Month kickoff event; (2) An upcoming meeting or activity of your community’s family-strengthening initiative; (3) How one parent benefited from the assistance of local community organizations.]

April is National Child Abuse Prevention Month. This month and throughout the year, **[ORGANIZATION NAME]** encourages all individuals and organizations to play a role in making **[COMMUNITY NAME]** a better place for families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect by strengthening families and communities.

Research shows that five important factors are present in healthy families. Promoting these factors is among the most effective ways to reduce the risk of child abuse and neglect. They are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents

“April is a time to celebrate the important role that communities play in protecting children,” said **[YOUR SPOKESPERSON’S NAME AND TITLE]**. “Everyone’s participation is critical. Focusing on ways to promote the five protective factors, in every interaction with families, is the best thing our community can do to strengthen families and prevent child abuse and neglect.”

[ADDITIONAL DETAILS ABOUT LOCAL EVENTS AND/OR PROGRAMS]

In support of these efforts, the U.S. Department of Health and Human Services, Children’s Bureau, Office on Child Abuse and Neglect, its Child Welfare Information Gateway, and the FRIENDS National Resource Center for Community-Based Child Abuse Prevention have created *Strengthening Families and Communities: 2009 Resource Guide*. The guide, designed for service providers who work throughout the community to strengthen families, is available online at www.childwelfare.gov/preventing/res_guide_2009

For more information about child abuse prevention programs and activities during the month of April and throughout the year, contact **[ORGANIZATION’S CONTACT INFORMATION]**.

[Incluya su información de contacto]

Todos podemos participar en el fortalecimiento de las familias Abril es el Mes Nacional para la Prevención del Maltrato de Menores

Ciudad, Estado—[Día del mes, año]—[Empiece con un resumen de la información que quiere comunicar. Este párrafo debe ser breve y dar el quién, cuándo, dónde, qué y por qué del asunto. Algunas sugerencias: (1) Dé detalles sobre el evento para la prevención del maltrato de menores que promueve su organización. (2) Hable de una actividad que forme parte de la iniciativa para fortalecer a las familias en su comunidad. (3) Dé el ejemplo de un padre o una familia que se haya beneficiado gracias al trabajo de su organización.]

Abril es el Mes Nacional para la Prevención del Maltrato de Menores. Durante el mes de abril y a lo largo del año, **[nombre de su organización]** seguirá trabajando para que los individuos y las organizaciones jueguen un papel importante en lograr que **[nombre de la comunidad/ciudad]** sea un lugar más seguro para las familias. Podemos ayudar a prevenir el abuso y la negligencia de menores dando a los padres el apoyo que necesitan para cuidar de sus hijos, fortaleciendo a las familias de **[nombre de la comunidad/ciudad]**.

Los expertos en el campo del bienestar de menores identifican cinco factores importantes que caracterizan a las familias sanas. Cuando se promueven dichos factores se reduce el riesgo del abuso y la negligencia de menores. Estos factores son:

- El cariño y la cercanía
- Conocimientos de crianza y del desarrollo infantil y juvenil
- La capacidad de los padres para salir adelante
- Vínculos sociales
- Apoyos concretos para los padres

“El mes de abril es una buena oportunidad para celebrar el papel que juega la comunidad en la prevención del abuso y la negligencia de menores,” opinó **[nombre y título del vocero de su organización]**. “La participación de todos es fundamental. Lo mejor que podemos hacer en nuestra comunidad es encontrar estrategias para fortalecer a las familias promoviendo los cinco factores de protección que previenen el abuso y la negligencia de menores.”

[Detalles adicionales sobre eventos locales o programas]

Para apoyar esta iniciativa, la Oficina para los Niños del Departamento de Salud y Servicios Humanos junto con la Oficina del Abuso y la Negligencia de Menores, Child Welfare Information Gateway y el Centro Nacional de Recursos FRIENDS para las Iniciativas Comunitarias de Prevención, han creado la guía de recursos Strengthening Families and Communities (2009) (incluye secciones en español). La guía fue diseñada para los proveedores de servicio que trabajan en sus comunidades para fortalecer a las familias y a los individuos. Disponible en Internet: www.childwelfare.gov/preventing/res_guide_2009

Para más información sobre los programas de prevención del abuso y la negligencia de menores durante el mes de abril y a lo largo del año, contacte a **[nombre de su organización]**.

Sample Public Service Announcements



[30-second public service announcement aimed at building community involvement, including 10-second tag for local organization identity]

Voiceover (:20 sec.): By working together as a community, we all can play a part in strengthening families and preventing child abuse and neglect.

April is National Child Abuse Prevention Month. During this month and throughout the year, **[INSERT ORGANIZATION NAME]** is dedicated to supporting families to reduce the risk of child abuse and neglect.

Find out more about how you can play a part and help create positive change in our community.

Tag (:10 sec.): Contact **[INSERT LOCAL INFORMATION HERE]** today at **[INSERT PHONE NUMBER]** or go to **[INSERT WEBSITE ADDRESS]** for more information.

[30-second public service announcement aimed at building parent and caregiver awareness, including 10-second tag for local organization identity]

Voiceover (:20 sec.): Being the best parent you can be involves taking steps to strengthen your family and finding support when you need it. Parenting isn't something you have to do alone.

When you have the knowledge, skills, and resources you need, you can raise a happy, healthy child. Find out more about activities and programs in your community that support parents and promote healthy families.

Tag (:10 sec.): Contact **[INSERT LOCAL INFORMATION HERE]** today at **[INSERT PHONE NUMBER]** or go to **[INSERT WEBSITE ADDRESS]** for more information.

Ejemplo de anuncio de servicio público para radiodifusión

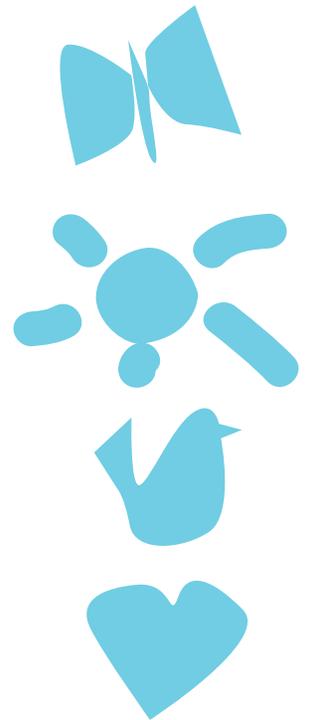
[Anuncio de 30 segundos para promover el trabajo comunitario, incluyendo un comentario de 10 segundos para identificar a su organización]

Voz (20 segundos): Trabajando juntos en la comunidad podemos jugar un papel importante en el fortalecimiento de las familias y la prevención del maltrato de menores.

Abril es el Mes Nacional para la Prevención del Maltrato de Menores, y **[nombre de su organización]** está dedicada a apoyar a las familias para reducir el riesgo del abuso y la negligencia de menores.

Usted puede jugar un papel en su comunidad para promover familias sanas y fuertes.

Comentario (10 segundos): Comuníquese con **[nombre de su organización]** hoy mismo llamando al **[teléfono]** o visite nuestro sitio de Internet para obtener más información.



[Anuncio de 30 segundos para poner de relieve la importancia de los padres y los cuidadores, incluyendo un comentario de 10 segundos para identificar a su organización.]

Voz (20 segundos): Un buen padre o una buena madre busca fortalecer a su familia y no teme buscar ayuda cuando la necesita. Todos los padres y las madres necesitan ayuda.

Para criar hijos sanos y felices los padres necesitan el apoyo y los recursos de su comunidad. Aprenda más sobre los programas y las actividades para promover familias sanas en su comunidad.

Comentario (10 segundos): Comuníquese con **[nombre de su organización]** hoy mismo llamando al **[teléfono]** o visite nuestro sitio de Internet para obtener más información.

Sample Letter to Legislators



The Honorable **[Legislator's Name]**
[Office mailing address]

Dear **[Member of Congress/State Representative/City Council Member]:**

[Paragraph 1: State purpose of the letter.]

I would like to encourage you to support initiatives that strengthen families and communities in order to prevent child abuse. This issue is urgent. In 2006, an estimated 905,000 children were victims of child abuse or neglect in the United States. Of those, approximately **[insert State statistic from *Child Maltreatment 2006*]** were here in **[your State]**. April is National Child Abuse Prevention Month, which calls attention to the importance of preventing all forms of child maltreatment by strengthening families and communities.

[Paragraph 2: State the position supported.]

Children thrive when their caregivers have the knowledge, skills, and resources to help them grow and protect them from harm. Research has shown that five factors, when present in families, are effective in protecting children against the risk of child abuse and neglect. These critical protective factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents

The best way to effect lasting change for children and families is to work together in broad-based partnerships that promote these protective factors and make our communities more supportive of parents and caregivers.

[Paragraph 3: Describe action requested.]

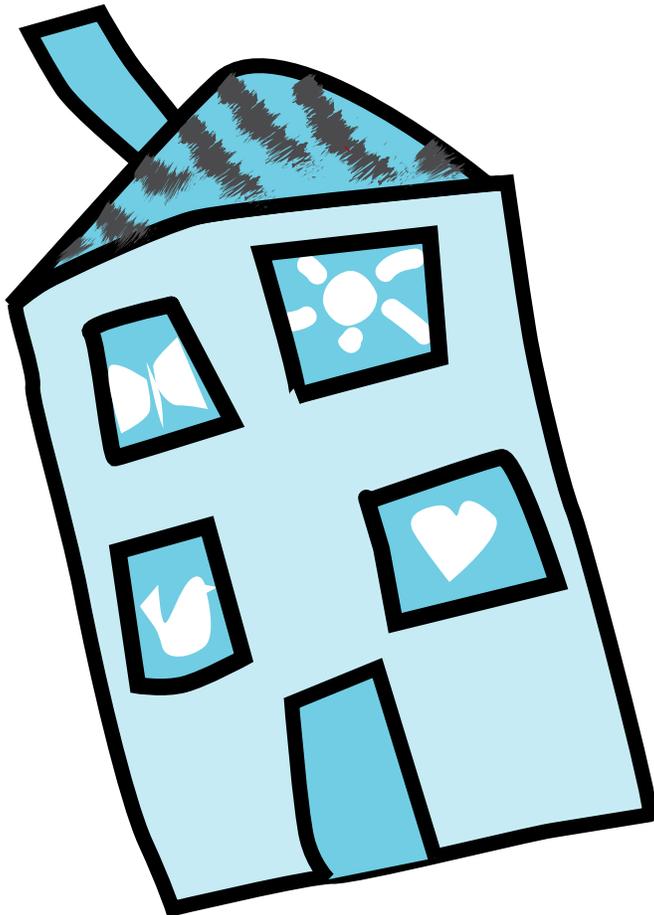
[Congress/Our State Legislature/Our City Council] has the opportunity to make a difference in the lives of children and families by supporting **[specific community-building activities, bills, or funding initiatives needing immediate support]**. I urge you to voice your support for this important cause not only during National Child Abuse Prevention Month, but throughout the year.

We are sponsoring **[Child Abuse Prevention Month event]** on **[date]** at **[location]**. We welcome your participation. If you are interested in becoming involved, please contact me at **[phone number and email address]**. Thank you for your attention to this critical issue and for all of your work on behalf of our community's children and families.

Sincerely yours,
[Signature]

Chapter 4

Protecting Children



Understanding Child Abuse and Neglect



When children are nurtured, they can grow up to be happy and healthy adults. But when they lack an attachment to a caring adult, receive inconsistent nurturing, or experience harsh discipline, the long-lasting consequences can affect their health, well-being, and relationships with others.

This section provides information to help service providers and others concerned about the health and well-being of children to understand child abuse and neglect, its effects, and what each of us can do to address it when it occurs.

What Is Child Abuse and Neglect?

Child abuse and neglect often takes place in the home and comes from a person the child knows well—a parent, relative, babysitter, or friend of the family. There are four major types of child maltreatment. Although any of the forms may be found separately, they often occur together.

Each State is responsible for establishing its own definitions of child abuse and neglect that meet Federal minimum standards. Most include the following:

- **Neglect** is failure to provide for a child’s basic needs.
- **Physical abuse** is physical injury as a result of hitting, kicking, shaking, burning, or otherwise harming a child.
- **Sexual abuse** is any situation where a child is used for sexual gratification. This may include indecent exposure, fondling, rape, or commercial exploitation through prostitution or the production of pornographic materials.
- **Emotional abuse** is any pattern of behavior that impairs a child’s emotional development or sense of self-worth, including constant criticism, threats, and rejection.

Find more information on the Child Welfare Information Gateway website:

- www.childwelfare.gov/can/defining
- www.childwelfare.gov/can/types

Why Does Child Abuse Occur?

Child abuse and neglect affect children of every age, race, and family income level. However, research has identified many factors relating to the child, family, community, and society that are associated with an increased risk of child abuse and neglect. Studies have also shown that when multiple risk factors are present, the risk is greater.

Young mothers and fathers unprepared for the responsibilities of raising a child; overwhelmed single parents with little support; and families placed under stress by poverty, divorce, or a child's disability are all at greater risk. Some families are stressed by worries about employment, health, substance abuse, mental health, domestic violence, or other problems, or are simply unaware of how to care for their children's basic needs.

These circumstances, combined with the inherent challenges of raising children, can result in otherwise well-intentioned parents causing their children harm or neglecting their needs.

How Many Children Are Abused and Neglected in the United States?

In 2006, about 3.3 million reports were made to child protective services concerning the safety and well-being of approximately 6 million children.¹ As a result of these reports, an estimated 905,000 children were found to be victims of child abuse or neglect. Of these, more than 60 percent (64.1%) were neglected, more than 15 percent (16.0%) were physically abused, less than 10 percent (8.8%) were sexually abused, and less than 10 percent (6.6%) were emotionally maltreated.

Child deaths are the most tragic results of maltreatment. In 2006, an estimated 1,530 children died due to abuse or neglect. More than 40 percent (41.1%) of these deaths were attributed to neglect.

¹ Statistics on this page are taken from U.S. Department of Health and Human Services. (2008). *Child Maltreatment 2006*. Washington, DC: U.S. Government Printing Office. Available: www.acf.hhs.gov/programs/cb/pubs/cm06

Understanding Child Abuse and Neglect

What Are the Consequences?

The impact of child maltreatment can be profound. Research shows that child maltreatment is associated with adverse health and mental health outcomes in children and families, and those negative effects can last a lifetime. The long-term effects can be physical, psychological, or behavioral.

A history of child abuse or neglect has been associated with increased risk of:

- Mental illness
- Substance abuse
- Developmental disabilities and learning problems
- Social problems with other children and with adults
- Teen pregnancy
- Lack of success in school
- Alcohol and other drug use
- Domestic violence
- Chronic illnesses

In addition to the impact on the child and family, child abuse and neglect affects various systems—including medical and mental health, law enforcement, judicial, public social services, and nonprofit agencies—as they respond to the incident and support the victim. One analysis of the immediate and long-term economic impact of child abuse and neglect suggests that child maltreatment costs the Nation as much as \$258 million each day, or approximately \$94 billion each year.



What Are the Warning Signs?

The first step in helping or getting help for an abused or neglected child is to identify the symptoms of abuse.

The table that follows lists some symptoms of the four major types of child maltreatment. The presence of a single sign does not prove child abuse is occurring in a family; however, when these signs appear repeatedly or in combination you should consider the possibility of maltreatment.

Maltreatment Type	Symptoms
<i>Neglect</i>	<ul style="list-style-type: none">● Signs of malnutrition● Poor hygiene● Unattended physical or medical problems
<i>Physical abuse</i>	<ul style="list-style-type: none">● Unexplained bruises, burns, or welts● Child appears frightened of a parent or caregiver
<i>Sexual abuse</i>	<ul style="list-style-type: none">● Pain, bleeding, redness, or swelling in anal or genital area● Age-inappropriate sexual play with toys, self, or others● Age-inappropriate knowledge of sex
<i>Emotional abuse</i>	<ul style="list-style-type: none">● Extremes in behavior, ranging from overly aggressive to overly passive● Delayed physical, emotional, or intellectual development

On the Child Welfare Information Gateway Website

For more information about:

- Why child abuse occurs: www.childwelfare.gov/can/factors
- How many children are abused: www.childwelfare.gov/can/prevalence
- Consequences of child abuse and neglect: www.childwelfare.gov/can/impact
- Warning signs: www.childwelfare.gov/can/identifying

Reporting Child Maltreatment



Anyone can and should report suspected child abuse or neglect. If you think a child is being mistreated, take immediate action.

Most States have a toll-free number for reporting. You can also call the Childhelp® National Child Abuse Hotline at 1.800.4.A.CHILD (1.800.422.4453). When you call to make a report, you will be asked for specific information, such as:

- The child's name and location
- The name and relationship (if known) of the person you believe is abusing the child
- What you have seen or heard regarding the abuse or neglect
- The names of any other people who might know about the abuse
- Your name and phone number (voluntary)

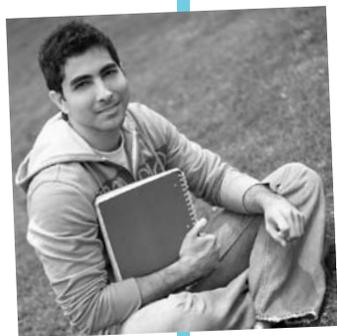
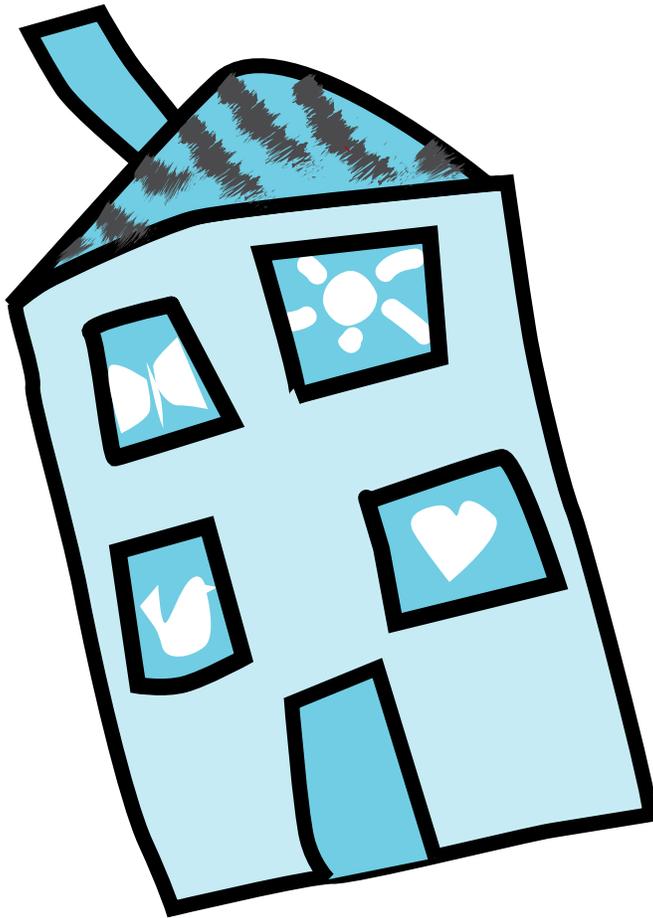
We can all help prevent child abuse by recognizing the risk factors, protecting children who are at risk, and supporting families who are experiencing stressors. Reporting the situation may protect the child and get additional help for the family. Some States provide training for professionals who are required by law to report child abuse and neglect (e.g., child care providers, teachers, doctors, clergy) and workshops on responding to signs of stress in families.

Many nonprofit, public, education, social service, and child care organizations in your community play a role in providing supports and services to children, youth, and families. Parenting education, crisis/respice care, transitional housing, and literacy programs, as well as family resource centers, teen parent support groups, fatherhood groups, and marriage education classes, support families in important ways.

Find more information on the Child Welfare Information Gateway website: www.childwelfare.gov/responding

Chapter 5

Resources



National Child Abuse Prevention Partners



Many organizations across the country work to prevent child abuse and neglect by strengthening families and the communities where they live. The following is an alphabetical list of those that supported the creation of this Resource Guide by offering their information and input. They are varied in the services they offer and the professionals they support, but all are committed to strengthening families and protecting children. Many of these organizations have member agencies and can link you to local affiliates in your State or community. All offer additional information about preventing child abuse and neglect.

American Academy of Pediatrics (AAP)

AAP is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. The Section on Child Abuse and Neglect provides an educational forum for the discussion of problems and treatments relating to child abuse and neglect and its prevention.

847.434.4000
www.aap.org

American Humane Association (AHA)

AHA's mission is preventing cruelty, abuse, neglect, and exploitation of children and animals. AHA information assists professionals and citizens in making informed decisions about how to help children and families in crisis. The association also develops resources and programs that help child welfare systems deliver quality services, and communities and citizens prevent child abuse.

800.227.4645
www.americanhumane.org

American Professional Society on the Abuse of Children (APSAC)

APSAC seeks to improve the quality of practice provided by professionals who work in child abuse and neglect by providing professional education and promoting research and practice guidelines in child maltreatment.

877.402.7722
www.apsac.org

Annie E. Casey Foundation

The Annie E. Casey Foundation works to build better futures for disadvantaged children and their families in the United States. The Foundation's mission is to foster public policies, human service reforms, and community supports that more effectively meet the needs of today's vulnerable children and families.

410.547.6600
www.aecf.org

Center for the Study of Social Policy (CSSP)

CSSP develops public policies and practices that strengthen families and communities. CSSP is the coordinator of the national Strengthening Families Initiative, which is working in over half of all States to engage early childhood providers and others that see children on a day-to-day basis in building protective factors.

202.371.1565
www.cssp.org
www.strengtheningfamilies.net

Chapin Hall Center for Children at the University of Chicago

Chapin Hall is a policy research center dedicated to bringing rigorous research and innovative ideas to policymakers, service providers, and funders working to improve the well-being of children. Its work provides a source of knowledge about the needs of children and the service systems designed to meet those needs.

773.753.5900
www.chapinhall.org

National Child Abuse Prevention Partners

Childhelp®

In addition to a 24-hour National Child Abuse Hotline (1.800.4.A.CHILD), Childhelp directly serves abused children through residential treatment facilities, child advocacy centers, group homes, foster care, preschool programs, child abuse prevention programs, and community outreach.

480.922.8212

www.childhelp.org

Child Welfare Information Gateway

Child Welfare Information Gateway, a service of the Children's Bureau, promotes the safety, permanency, and well-being of children and families by connecting child welfare, adoption, and related professionals, as well as concerned citizens, to timely, essential information.

800.394.3366

www.childwelfare.gov

Child Welfare League of America (CWLA)

CWLA is an association of more than 800 public and private nonprofit agencies that assist over 3.5 million abused and neglected children and their families each year with a wide range of services.

703.412.2400

www.cwla.org

Circle of Parents®

Circle of Parents, a national network of parents and statewide and regional organizations, works to prevent child abuse and neglect, strengthen families, and promote parent leadership through mutual self-help parent support groups and children's programs.

312.334.6837

www.circleofparents.org

Doris Duke Charitable Foundation

The Foundation's child abuse prevention program supports a small number of national organizations and research initiatives that advance efforts to prevent the maltreatment of young children by providing services, supports, and information to families.

212.974.7000

www.ddcf.org

FRIENDS National Resource Center for Community-Based Child Abuse Prevention (CBCAP)

FRIENDS, a service of the Children's Bureau, provides information, training, and technical assistance to Federal grantee agencies implementing the Community-Based Grants for the Prevention of Child Abuse and Neglect, under the Keeping Children and Families Safe Act of 2003. FRIENDS is committed to building the capacity of State CBCAP Lead Agencies to prevent child abuse

and neglect and to strengthen and support families.

919.490.5577 x222

www.friendsnrc.org

National Alliance of Children's Trust and Prevention Funds

The mission of the Alliance is to build and maintain a system of services, laws, practices, and attitudes that strengthen families and prevent child abuse and neglect, achieved by assisting Children's Trust and Prevention Funds at State and national levels.

206.526.1221

www.ctfalliance.org

National Association of Children's Hospitals & Related Institutions (NACHRI)

NACHRI promotes the health and well-being of all children and their families through support of children's hospitals and health systems that are committed to excellence in providing health care to children.

703.684.1355

www.childrenshospitals.net

National Association for the Education of Young Children (NAEYC)

NAEYC exists for the purpose of leading and consolidating the efforts of individuals and groups working to achieve healthy development and constructive education for all young children.

800.424.2460

www.naeyc.org

National Center for Children in Poverty (NCCP)

NCCP uses research to inform policy and practice with the goal of promoting the economic security, health, and well-being of America's low-income families and children.

646.284.9600

www.nccp.org

National Center on Shaken Baby Syndrome (NCSBS)

NCSBS prevents shaken baby syndrome through the development and implementation of education, programs, public policy, and research to establish networks for, support, and train families, caregivers, and professionals.

888.273.0071 or 801.627.3399

www.dontshake.org

National Children's Alliance (NCA)

NCA is a nonprofit organization whose mission is to provide training, technical assistance, and networking opportunities to communities seeking to plan, establish, and improve Children's Advocacy Centers.

800.239.9950 or 202.548.0090

www.nca-online.org

National Child Abuse Prevention Partners

National Exchange Club (NEC) Child Abuse Prevention Services

The NEC Foundation is committed to making a difference in the lives of children, families, and communities through its national project, the prevention of child abuse. The NEC Foundation coordinates a nationwide network of nearly 100 Exchange Club Child Abuse Prevention Centers that utilize the parent aide program and provide support to families at risk for abuse.

800.924.2643 or 419.535.3232
www.preventchildabuse.com

National Family Preservation Network (NFPN)

NFPN provides training, tools, and resources to assist policymakers and practitioners to build on a family's strengths and to preserve family bonds so children can be protected and nurtured at home.

888.498.9047
www.nfpn.org

National Healthy Marriage Resource Center (NHMRC)

NHMRC's mission is to help individuals and couples who choose marriage for themselves gain the knowledge and skills necessary to build and sustain a healthy marriage.

866.916.4672
www.healthymarriageinfo.org

National Indian Child Welfare Association (NICWA)

NICWA is a membership organization of Tribes, individuals, and private organizations that work to promote Indian child welfare and address child abuse and neglect through training, research, public policy, and grassroots community development.

503.222.4044
www.nicwa.org

National Respite Coalition

The mission of the National Respite Coalition is to secure quality, accessible, planned, and crisis respite services for all families and caregivers in need of such services in order to strengthen and stabilize families and enhance child and adult safety.

703.256.9578
www.archrespite.org/NRC.htm

National Responsible Fatherhood Clearinghouse (NRFHC)

NRFHC serves as a central source for professionals and the public to learn more about the importance of responsible fatherhood and fatherhood issues.

877.432.3411
www.fatherhood.gov

Nurse-Family Partnership

The Nurse-Family Partnership National Office supports communities in implementing a cost-effective, evidence-based nurse home visitation program to improve pregnancy outcomes, child health and development, and self-sufficiency for eligible, first-time parents—benefiting multiple generations.

866.864.5226
www.nursefamilypartnership.org

Parents Anonymous® Inc.

Parents Anonymous is a community of parents, organizations, and volunteers committed to strengthening families and building strong communities, achieving meaningful parent leadership and shared leadership, and leading the field of child abuse and neglect prevention.

909.621.6184
www.parentsanonymous.org

Prevent Child Abuse America (PCA America)

PCA America provides leadership to promote and implement national and local prevention efforts.

312.663.3520
www.preventchildabuse.org

Search Institute

Search Institute conducts research to identify what children and adolescents need to become caring, healthy, and responsible adults, and provides resources to apply this knowledge and to motivate and equip others in ensuring young people are valued and thrive.

800.888.7828
www.search-institute.org

ZERO TO THREE

ZERO TO THREE disseminates key developmental information, trains providers, promotes model approaches and standards of practice, and works to increase public awareness about the significance of the first 3 years of life.

202.638.1144
www.zerotothree.org

More information about national organizations that work to strengthen families and communities is available on the Child Welfare Information Gateway website at:

www.childwelfare.gov/preventing/overview/relatedorgs.cfm

Federal Interagency Work Group on Child Abuse and Neglect

U.S. Department of Health and Human Services

Office on Child Abuse and Neglect Children's Bureau Administration on Children, Youth and Families Administration for Children and Families

1250 Maryland Avenue, SW, 8th Floor
Washington, DC 20024
www.acf.hhs.gov/programs/cb/index.htm

The Children's Bureau seeks to provide for the safety, permanency and well-being of children through leadership, support for necessary services, and productive partnerships with States, Tribes, and communities.

The Office on Child Abuse and Neglect provides leadership and direction on the issues of child maltreatment and the prevention of abuse and neglect under the Child Abuse Prevention and Treatment Act and the Children's Justice Act. The Director of the Office on Child Abuse and Neglect chairs the Federal Interagency Work Group on Child Abuse and Neglect and coordinates the Work Group's activities.

Also participating on the Federal Interagency Work Group on Child Abuse and Neglect are the Children's Bureau Divisions of Research and Innovation, Child Welfare Capacity Building, and Program Implementation.

Child Welfare Information Gateway Administration on Children, Youth and Families Administration for Children and Families

1250 Maryland Avenue, SW, 8th Floor
Washington, DC 20024
800.394.3366
Email: info@childwelfare.gov
www.childwelfare.gov

A service of the Children's Bureau, Child Welfare Information Gateway promotes the safety, permanency, and well-being of children and families by connecting child welfare, adoption, and related professionals, as well as concerned citizens to timely, essential information.
Family and Youth Services Bureau

Family Violence Prevention and Services Program Administration on Children, Youth and Families Administration for Children and Families

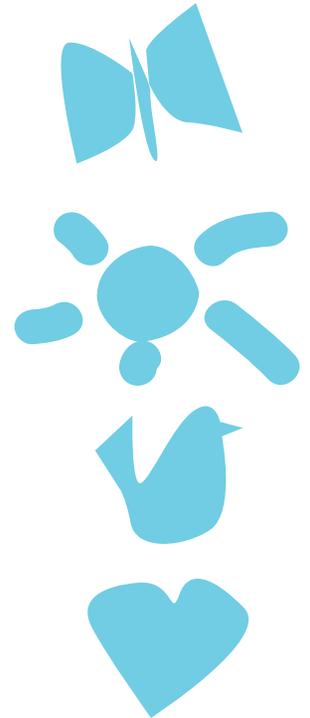
1250 Maryland Avenue, SW, 8th Floor
Washington, DC 20024
www.acf.hhs.gov/programs/fysb/content/familyviolence/index.htm

The Family and Youth Services Bureau (FYSB) provides national leadership on youth and family issues. FYSB promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations at the local, Tribal, State, and national levels. Through the Family Violence Prevention and Services Program, FYSB awards grants to State agencies, Territories, and Indian Tribes for the provision of shelter to victims of family violence and their dependents, and for related services, such as emergency transportation and child care.

Child Care Bureau Office of Family Assistance Administration for Children and Families

370 L'Enfant Promenade, SW
Washington, DC 20447
www.acf.hhs.gov/programs/ccb

The Child Care Bureau supports low-income working families through child care financial assistance and promotes children's learning by improving the quality of early care and education and after-school programs.



Federal Interagency Work Group on Child Abuse and Neglect

Division of Child and Family Development Office of Planning, Research and Evaluation Administration for Children and Families

370 L'Enfant Promenade, SW
Washington, DC 20447
www.acf.hhs.gov/programs/opre/index.html

The Office of Planning, Research and Evaluation (OPRE) is responsible for advising the Assistant Secretary for Children and Families on increasing the effectiveness and efficiency of programs to improve the economic and social well-being of children and families. In collaboration with Administration for Children and Families program offices and others, OPRE is responsible for performance management, conducts research and policy analyses, and develops and oversees research and evaluation projects to assess program performance and inform policy and practice.

Office of Refugee Resettlement Administration for Children and Families

370 L'Enfant Promenade, SW
Washington, DC 20447
www.acf.hhs.gov/programs/orr

Founded on the belief that newly arriving populations have inherent capabilities when given opportunities, the Office of Refugee Resettlement provides people in need with critical resources to assist them in becoming integrated members of American society.

Office of Human Services Policy Office of the Assistant Secretary for Planning and Evaluation

200 Independence Avenue, SW
Washington, DC 20201
http://aspe.hhs.gov/_/office_specific/index.cfm

The Assistant Secretary for Planning and Evaluation (ASPE) advises the Secretary of the Department of Health and Human Services on policy development in health, disability, human services, data, and science, and provides advice and analysis on economic policy. ASPE conducts research and evaluation studies, develops policy analyses, and estimates the cost and benefits of policy alternatives under consideration by the Department or Congress. The Office of Human Services Policy is the Department of Health and Human Services' chief economist on welfare, service delivery issues, and policies affecting children, youth, and families. The Office works

closely with the Administration for Children and Families, the Department's Children's Council, and a variety of other departments and agencies.

Indian Health Service Division of Behavioral Health

801 Thompson Avenue, Suite 300
Rockville, MD 20852
www.ihs.gov
www.ihs.gov/MedicalPrograms/Behavioral

The Indian Health Service (IHS) raises the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level to assure that comprehensive, culturally acceptable personal and public health services are available and accessible to American Indian and Alaska Native people. The IHS Division of Behavioral Health strives to support Tribal and urban native communities to eliminate behavioral health diseases and conditions and to promote health, resilience, and strength in all native communities.

Office of Minority Health
Rockwall II Building, Room 1000
Rockville, MD 20852
www.omhrc.gov

The mission of the Office of Minority Health is to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that eliminate health disparities. It advises the Secretary and the Office of Public Health and Science on public health program activities affecting American Indians and Alaska Natives, Asian Americans, Blacks/African-Americans, Hispanics/Latinos, Native Hawaiians, and other Pacific Islanders.

Office of Behavioral and Social Sciences Research National Institutes of Health

31 Center Drive
Building 31, Room B1C19
Bethesda, MD 20892
<http://obssr.od.nih.gov/content>

The mission of the Office of Behavioral and Social Sciences Research is to stimulate behavioral and social science research throughout the National Institutes of Health (NIH) and integrate this research with other NIH initiatives to improve understanding, treatment, and prevention of disease.

Federal Interagency Work Group on Child Abuse and Neglect

National Institute of Child Health and Human Development Child Development and Behavior Branch National Institutes of Health

6100 Executive Blvd., Room 4B05A, MSC 7510
Bethesda, MD 20892-7510
www.nichd.nih.gov/about/org/crmc/cdb

The National Institute of Child Health and Human Development conducts and supports research on all stages of human development, from preconception to adulthood, to better understand the health of children, adults, families, and communities.

The Child Development and Behavior Branch develops scientific initiatives and supports research and research training relevant to the psychological, psychobiological, language, behavioral, and educational development of children. The following theme characterizes all Branch programs: Development is best described and studied as a variable process in which individual differences in cognitive, social, affective, language, neurobiological maturation, environment and life experiences, and genetics interact in complex ways.

Child Abuse and Neglect Program Division of Developmental Translational Research

National Institute of Mental Health National Institutes of Health

6001 Executive Blvd., Room 6185
Bethesda, MD 20892-9617
www.nimh.nih.gov/about/organization/ddtr/index.shtml

The mission of the National Institute of Mental Health is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

The Division of Developmental Translational Research (DDTR) supports programs of research and research training with the goal of preventing and curing childhood psychopathology. DDTR supports research that employs a developmental perspective on a variety of related basic behavioral processes and the psychopathology that arises from their dysfunction. These efforts to translate knowledge from basic research to a new understanding of clinical disorders share the goal of developing novel treatment and prevention strategies. The Child Abuse and Neglect Program within DDTR supports

research that addresses child abuse and neglect and familial aspects of traumatic stress as risk factors for psychopathology in children and adolescents.

Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment

Office of Policy, Coordination and Planning
1 Choke Cherry Road, Room 5-1039
Rockville, MD 20850
<http://csat.samhsa.gov/>

The Center for Substance Abuse Treatment (CSAT), part of the Substance Abuse and Mental Health Services Administration (SAMHSA), promotes the quality and availability of community-based substance abuse treatment services for individuals and families who need them. CSAT works with States and community-based groups to improve and expand existing substance abuse treatment services under the Substance Abuse Prevention and Treatment Block Grant Program.

Maternal and Child Health Bureau Division of Healthy Start and Perinatal Services Health Resources and Services Administration

Parklawn Building Room 18-05
5600 Fishers Lane
Rockville, MD 20857
<http://mchb.hrsa.gov/about/dhsp.htm>

The Maternal and Child Health Bureau of the Health Resources and Services Administration has the primary responsibility for promoting and improving the health of our Nation's women, children, and families.

Centers for Disease Control and Prevention Division of Violence Prevention

4770 Buford Hwy., NE—Mailstop K60
Atlanta, GA 30341
www.cdc.gov/ncipc/dvp/CMP

The Centers for Disease Control and Prevention's (CDC) child maltreatment program is coordinated by the Division of Violence Prevention within the National Center for Injury Prevention and Control. The Division's mission is to prevent violence-related injuries and deaths through surveillance, research and development, capacity building, communication, and leadership. CDC's efforts to prevent child maltreatment focus on developing, evaluating, and disseminating evidence-based interventions that support safe, stable, and nurturing relationships for children.

Federal Interagency Work Group on Child Abuse and Neglect

U.S. Department of Agriculture

Family Life and Human Development Families, 4-H and Nutrition Cooperative State Research, Education, and Extension Service

1400 Independence Avenue, SW, Stop 2201
Washington, DC 20250-2201
www.extension.org; www.csrees.usda.gov

The Cooperative Extension System (CES) is a nationwide educational collaboration of Federal, State, and local governments and State land-grant universities. The mission of CES is to disseminate research-based information on topics as varied as family and child development, health, nutrition, agriculture, small business, and personal finance. CES is uniquely positioned to inform and educate parents, caregivers, and family members, especially in rural and isolated areas, about the issues, challenges, and opportunities related to raising children. CES's new eXtension (pronounced e-extension) Initiative (www.extension.org) provides a web-based interactive learning environment linking users to CES resources, including resources to promote healthy families, to support a variety of educational outreach efforts.

U.S. Department of Defense

Family Advocacy Program Office of the Deputy Under Secretary of Defense Military Community and Family Policy

4000 Defense Pentagon, Room 5A726
Washington, DC 20301-4000
www.militaryhomefront.dod.mil

The Department of Defense (DOD) Family Advocacy Program (FAP) provides social services to prevent, identify, intervene in, and treat child abuse and neglect and domestic abuse, including domestic violence, at each installation with command-sponsored families around the world. FAPs coordinate with civilian child welfare and domestic violence agencies when abuse or neglect is identified. FAPs teach parenting skills, provide extra support for first-time parents, teach stress management, offer counseling, and conduct public awareness activities related to family maltreatment. FAPs also operate the New Parent Support Program, a secondary prevention program that uses an intensive, voluntary home visitation model developed specifically for at-risk parents to reduce the risk of child abuse.

U.S. Department of Education

Office of Special Education and Rehabilitative Services Office of Special Education Programs

550 12th Street, SW, 4065
Washington, DC 20202-2600
www.ed.gov/about/offices/list/osers/index.html

The Office of Special Education and Rehabilitative Services provides a wide array of supports to parents and individuals, school districts, and States in three main areas: special education, vocational rehabilitation and research.

U.S. Department of the Interior

Bureau of Indian Affairs

1849 C Street, NW, MS4603
Washington, DC 20240
www.doi.gov/bia

The Bureau of Indian Affairs works to enhance the quality of life, promote economic opportunity, and carry out the responsibility to protect and improve the trust assets of American Indians, Indian Tribes, and Alaska Natives.

U.S. Department of Justice

Office of Justice Programs National Institute of Justice Office of Research and Evaluation Victim and Victimization Research Division

810 7th Street, NW
Washington, DC 20531
www.ojp.usdoj.gov/nij

The National Institute of Justice (NIJ) is the research, development, and evaluation agency of the U.S. Department of Justice. NIJ provides objective, independent, evidence-based knowledge and tools to meet the challenges of crime and justice, particularly at the State and local levels. The Office of Research and Evaluation develops, conducts, directs, and supervises research and evaluation activities across a wide variety of issues.

Federal Interagency Work Group on Child Abuse and Neglect

Office for Victims of Crime Office of Justice Programs

810 7th Street, NW
Washington, DC 20531
www.ojp.usdoj.gov/ovc/welcovc/welcome.html

The Office for Victims of Crime (OVC) was established by the 1984 Victims of Crime Act to oversee diverse programs that benefit victims of crime. OVC provides substantial funding to State victim assistance and compensation programs—the lifeline services that help victims to heal. OVC supports training designed to educate criminal justice and allied professionals regarding the rights and needs of crime victims. OVC also sponsors an annual event in April to commemorate National Crime Victims Rights Week.

**Office on Violence Against Women
Office of Justice Programs** 810 7th Street, NW
Washington, DC 20531
www.ojp.usdoj.gov/nij/topics/crime/violence-against-women/welcome.htm

The mission of the Violence Against Women and Family Violence Research and Evaluation program is to promote the safety of women and family members and to increase the efficiency and effectiveness of the criminal justice system's response to crimes against these populations.

Office of Juvenile Justice and Delinquency Prevention Office of Justice Programs

810 7th Street, NW
Washington, DC 20531
<http://ojjdp.ncjrs.gov>

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) accomplish its mission by supporting States, local communities, and Tribal jurisdictions in their efforts to develop and implement effective programs for juveniles. OJJDP strives to strengthen the juvenile justice system's efforts to protect public safety, hold offenders accountable, and provide services that address the needs of youth and their families. OJJDP sponsors research, program, and training initiatives; develops priorities and goals and sets policies to guide Federal juvenile justice issues; disseminates information about juvenile justice issues; and awards funds to States to support local programming.

Child Protection Division Office of Juvenile Justice and Delinquency Prevention Office of Justice Programs

810 7th Street, NW
Washington, DC 20531
<http://ojjdp.ncjrs.gov/about/DivProgram.asp?di=5&pp=division>

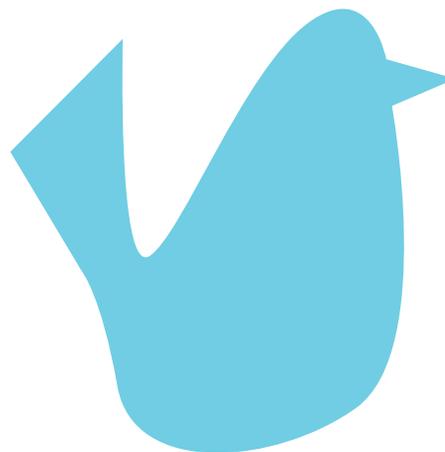
The Child Protection Division (CPD) administers projects, programs, and initiatives related to crimes against children and children's exposure to violence. It provides leadership and funding in the areas of prevention, intervention, treatment, and enforcement. CPD promotes research and effective policies and procedures to address the problems of abused, neglected, missing, and exploited children and children who have been exposed to domestic or community violence.

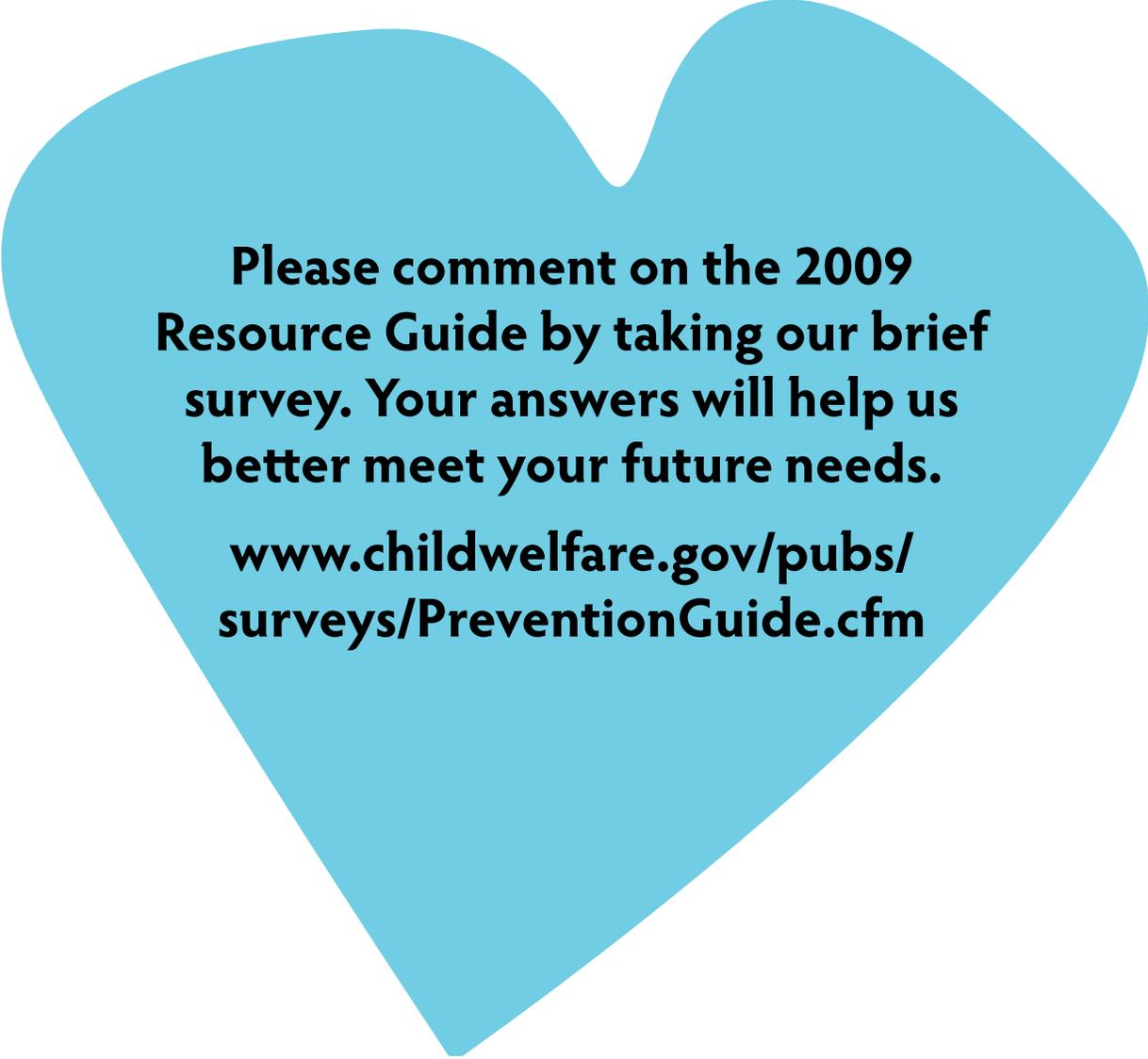
U.S. Department of State

Office to Monitor and Combat Trafficking in Persons Under Secretary for Democracy and Global Affairs

2201 C Street, NW, SA-29, 4th Floor
Washington, DC 20520
www.state.gov/g/tip

The Office to Monitor and Combat Trafficking in Persons provides the tools to combat trafficking in persons and assists in the coordination of anti-trafficking efforts both worldwide and domestically.



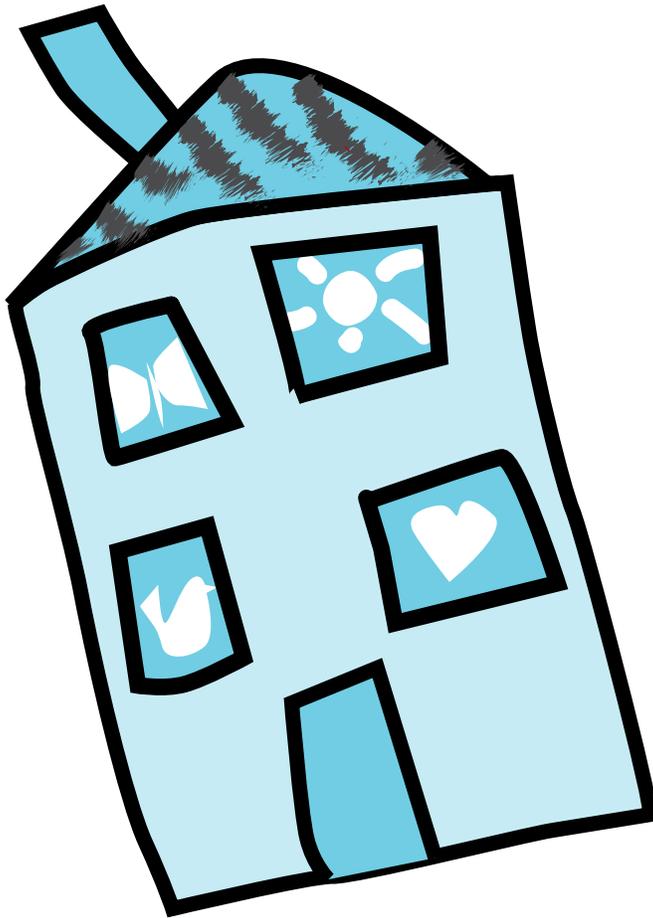


**Please comment on the 2009
Resource Guide by taking our brief
survey. Your answers will help us
better meet your future needs.**

**[www.childwelfare.gov/pubs/
surveys/PreventionGuide.cfm](http://www.childwelfare.gov/pubs/surveys/PreventionGuide.cfm)**

Chapter 6

Tip Sheets for Parents and Caregivers



Using the Tip Sheets for Parents and Caregivers

This section of the Resource Guide provides tip sheets on specific parenting issues. Each is designed for service providers to distribute to parents and caregivers in the context of a particular concern or question. The tip sheets are not intended to tell the whole story, but merely to provide a starting point for a discussion between parent and provider that is grounded in the five protective factors.

The information is easy to read and focuses on concrete steps that parents and caregivers can take to care for their children and strengthen their family. A Spanish version appears on the back of each tip sheet. The Spanish versions convey similar messages to the English versions, but they have been adapted slightly for readability and cultural appropriateness.

We encourage you to make additional copies of the tip sheets that are most useful to the families with whom you work.

The tip sheets address the following topics:

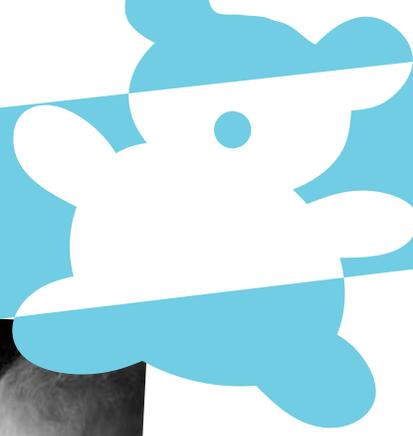
- **Bonding With Your Baby**—Written to help new parents understand the importance of early and secure attachment.
- **Dealing With Temper Tantrums**—Includes tips on how to prevent and handle toddler tantrums while modeling calm behavior.
- **Connecting With Your Teen**—Designed to help parents maintain strong bonds with their teens as they move toward independence.
- **Teen Parents... You're Not Alone**—Tips to help teen parents cope with the challenges of raising a new baby and find support.
- **Ten Ways to Be a Better Dad**—Encourages fathers to be involved and help their children live happy, healthy lives.
- **Raising Your Grandchildren**—Written to help caregivers deal with some of the unique challenges of parenting grandchildren and find concrete supports in the community.

These tip sheets, like the other resources in this guide, were created with input from experts from national organizations that work to protect children and strengthen families. Additional resources are available through the national organizations listed in Chapter 5, beginning on page 61.

Tip sheets may be downloaded individually for distribution at:
www.childwelfare.gov/preventing/res_guide_2009

More parenting tip sheets are available in the Parenting Resources section of the Child Welfare Information Gateway website:
www.childwelfare.gov/preventing/promoting/parenting

Bonding With Your Baby



What's Happening

Attachment is a deep, lasting bond that develops between a caregiver and child during the baby's first few years of life. This attachment is critical to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be adults who trust others and know how to return affection.

What You Can Do

No one knows your child like you do, so you are in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their babies help their babies develop a strong attachment. Affection energizes your child to grow, learn, connect with others, and enjoy life.

Here are some ways to promote bonding:

- Respond when your baby cries. Try to understand what he or she is saying to you. You can't "spoil" babies with too much attention—they need and benefit from a parent's loving care even when they seem inconsolable.
- Hold and touch your baby as much as possible. You can keep him close with baby slings, pouches, or backpacks (for older babies).
- Use feeding and diapering times to look into your baby's eyes, smile, and talk to your baby.
- Read, sing, and play peek-a-boo. Babies love to hear human voices and will try to imitate your voice and the sounds you make.
- As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with toys, puzzles, and books.

What You Might Be Seeing

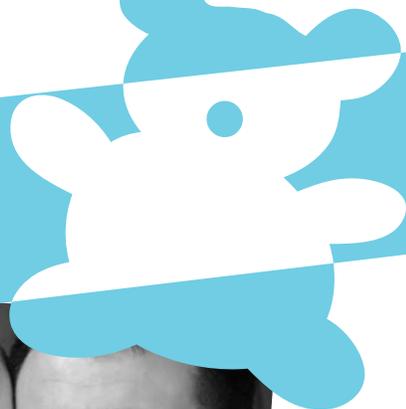
Normal babies:

- Have brief periods of sleep, crying or fussing, and quiet alertness many times each day
- Often cry for long periods for no apparent reason
- Love to be held and cuddled
- Respond to and imitate facial expressions
- Love soothing voices and will respond with smiles and small noises
- Grow and develop every day; they learn new skills quickly and can outgrow difficult behaviors in a matter of weeks

The best gift you can give your baby is YOU. The love and attention you give your baby now will stay with him or her forever and will help your baby grow into a healthier and happier child and adult.

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.

Usted y su bebé: El lazo que los une



Los bebés necesitan más que alimento, calor y protección. También necesitan amor, atención y cariño. Formar lazos ayuda a su bebé a crecer fuerte y sano, tanto física como mentalmente.



Los recién nacidos:

- Duermen, lloran, se quejan y ven el mundo a su alrededor muchas veces por día
- Les encanta que los mimen y que les hablen
- Lloran sin motivo aparente, a veces por mucho tiempo
- Les encantan las voces tranquilas y responden con sonrisas y gorgoritos de bebé feliz
- Crecen y cambian todos los días

Formar lazos es bueno para el bebé ... ¡y para usted!

Cuando usted forma lazos con su bebé, sabrá mejor lo que el bebé quiere y necesita. Y su bebé se sentirá amado y protegido. El lazo que usted forma ahora ayuda a que el cuerpo y el cerebro de su bebé crezcan sanos. Esto afectará al bebé toda su vida: su temperamento, sus decisiones y las relaciones futuras que pueda tener. Le ayudará a tener una vida mejor.

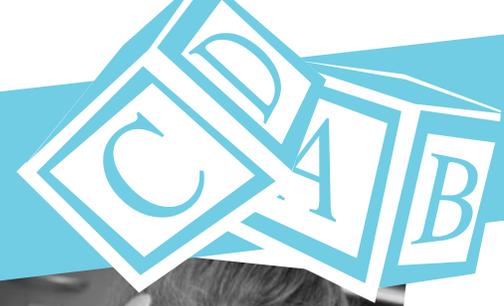
La mejor manera de crear ese lazo es pasar tiempo con su bebé.

Éstas son algunas cosas que usted puede hacer:

- Responda cuando lllore el bebé. Los recién nacidos no se vuelven “consentidos” por exceso de atención.
- Tómelo en brazos, mímelo y toque a su bebé a menudo. Use un canguro o una mochila especial para mantener a su bebé cerca.
- Léale, cántele y juegue a que se esconde y aparece. A su bebé le encanta oír su voz y tratará de imitarlo.
- Sonríale y mírelo a los ojos.
- Juegue juegos sencillos a medida que su bebé crezca. Pase tiempo en el piso con juguetes, rompecabezas y libros.

El mejor regalo que le puede hacer a su bebé es ¡USTED MISMO! El amor y la atención que le dé ahora permanecerán con él para siempre. Le ayudarán a tener relaciones sanas y a tomar buenas decisiones más adelante en la vida.

Esta hoja informativa para los padres fue desarrollada con la colaboración de profesionales vinculados a diversas organizaciones nacionales que protegen a la juventud y promueven familias sanas. Para descargar esta publicación o para obtener más consejos para los padres (en inglés), vea: www.childwelfare.gov/preventing/promoting/parenting o llame al 1.800.394.3366.



Dealing With Temper Tantrums

What's Happening

Two- and three-year-olds have many skills, but controlling their tempers is not one of them. Tantrums are common at this age because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.



What You Might Be Seeing

Normal toddlers:

- Love to say “no!” “mine!” and “do it myself!”
- Test rules over and over to see how parents will react
- Are not yet ready to share
- Need lots of fun activities, play times, and opportunities to explore the world
- Respond well to a routine for sleeping and eating (a regular schedule)
- Like to imitate grownups and to “help” mom and dad

What You Can Do

It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:

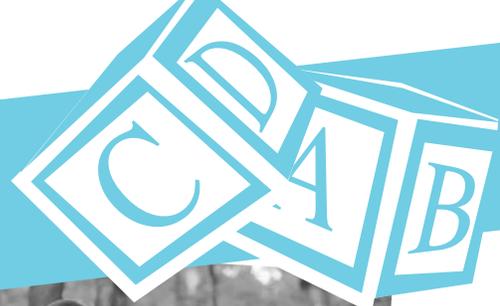
- Direct your child’s attention to something else. (“Wow, look at that fire engine!”)
- Give your child a choice in small matters. (“Do you want to eat peas or carrots?”)
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. (“We are going to buy groceries for dinner. We won’t be buying cookies, but you can help me pick out some fruit for later.”)
- Praise your child when he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Resist overreacting to tantrums, and try to keep your sense of humor.

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child’s behavior cause you to lose control, too.

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.



Los berrinches

Es común que los niños pequeños hagan berrinches. Entre los 2 y 4 años los niños van desarrollando sus propias ideas, necesidades y deseos. Pero todavía no los pueden expresar en palabras. Esto puede ser frustrante para su hijo... ¡y para usted!



Los niños pequeños:

- Les encanta decir: ¡No!... ¡Mío!... y ¡Yo solo!
- Ponen a prueba las reglas una y otra vez para ver cómo reacciona usted
- Necesitan mucho tiempo para jugar, hacer cosas divertidas y explorar el mundo
- No saben compartir todavía
- Se comportan mejor cuando tienen horarios fijos para comer y dormir
- Les gusta imitar a los “grandes” y “ayudar” a mami y a papi

A veces los padres pueden prevenir los berrinches.

Estas son algunas cosas que usted puede hacer:

- Siga una rutina diaria de actividades divertidas, con suficiente descanso y comida sana.
- Anticipe lo que puede desilusionar a su hijo. *(Vamos a comprar comida para la cena. Esta vez no vamos a comprar galletitas pero, ¿me ayudas a elegir fruta para el postre?)*
- Ayude a su hijo a concentrarse en otra cosa. *(¡Mira ese camión de bomberos!)*
- Deje que su hijo tome decisiones sobre cosas pequeñas. *(¿Quieres comer chícharos o zanahorias?)*
- Felicite a su hijo cuando se controle a sí mismo y exprese sus sentimientos en palabras.

Pero a veces los berrinches ocurren de todos modos.

Si no puede prevenir un berrinche, pruebe estas sugerencias:

- Aunque un berrinche en un lugar público puede ser penoso, no pierda la calma.
- Algunos niños se calman más rápido si los ayuda a sentirse seguros y protegidos.
- Lleve a su hijo a un lugar tranquilo para que se calme. Háblele en voz baja o ponga música suave.
- Si su hijo está tratando de comunicarse con usted, trate de entender lo que quiere. Si sólo quiere llamar la atención, no haga caso a su berrinche. Préstele atención *después* de que se haya calmado.
- Trate de no perder el sentido del humor. ¡No haga berrinche usted!

Lo mejor que puede hacer es guardar la calma, incluso cuando el niño hace un berrinche en pleno piso. No pierda la paciencia, trate de entender lo que el niño le quiere decir. Recuerde que la mayoría de los niños dejan de hacer berrinches alrededor de los 4 años de edad.

Esta hoja informativa para los padres fue desarrollada con la colaboración de profesionales vinculados a diversas organizaciones nacionales que protegen a la juventud y promueven familias sanas. Para descargar esta publicación o para obtener más consejos para los padres (en inglés), vea: www.childwelfare.gov/preventing/promoting/parenting o llame al 1.800.394.3366.

Connecting With Your Teen



What's Happening

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very important. Sometimes it may feel like your teen doesn't need you anymore. But teens still need their parents' love, support, and guidance.

What You Can Do

Simple, everyday activities can reinforce the connection between you and your teen. Make room in your schedule for special times when you can, but also take advantage of routine activities to show that you care.

Tips to keep in mind:

- **Have family meals.** If it's impossible to do every night, schedule a regular weekly family dinner night that accommodates your child's schedule.
- **Share "ordinary" time.** Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about what's on his or her mind.
- **Get involved, be involved, and stay involved.** Go to games and practices when you can. Ask about homework and school projects. Look for chances to learn about your teen's latest hobby.
- **Be interested.** Make it clear that you care about your teen's ideas, feelings, and experiences. If you listen to what he or she is saying, you'll get a better sense of the guidance and support needed. Get to know your teen's friends and their parents, too, when possible.
- **Set clear limits.** Teens still need your guidance, but you can involve your teen in setting rules and consequences. Make sure consequences are related to the behavior, and **be consistent** in following through. Choose your battles. Try to provide choices in the matters that are less important.

Your words and actions help your teen feel secure. Don't forget to say and show how much you love your teen!

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.

Cómo relacionarse con su hijo adolescente



Lo que está pasando

Muchos adolescentes comparten menos tiempo con su familia. Conforme se hacen más independientes y aprenden a pensar por sí mismos, las relaciones con sus amigos se hacen más importantes. A veces puede parecer que su hijo adolescente ya no lo necesita. Pero en realidad los adolescentes siguen necesitando el amor, el apoyo y los consejos de sus padres.



Los adolescentes normales...

- Desean independizarse
- Cuestionan las reglas y la autoridad
- Ponen a prueba los límites
- Pueden ser impulsivos
- A veces toman buenas decisiones, a veces malas

Lo que usted puede hacer

Cualquier actividad normal puede mejorar su relación con su hijo adolescente. Dedique tiempo para compartir ocasiones especiales con su hijo cuando pueda, pero también aproveche las actividades que forman parte de la rutina familiar para demostrarle que le interesa lo que hace en la escuela y con sus amigos.

Estas actividades familiares pueden fortalecer la relación con su hijo:

- **Coma con la familia.** Si no pueden comer juntos todos los días, aparte un día de la semana para la cena familiar.
- **Comparta más tiempo con su hijo.** Busque oportunidades para acercarse a su hijo. Usted puede platicar con su hijo aun cuando estén en el supermercado o cuando vayan en el auto.
- **Manténgase involucrado en la vida de su hijo.** Vayan juntos a partidos y entrenamientos de la escuela. Hablen de la tarea y los proyectos escolares. Busque información sobre la actividad favorita de su hijo, o ayúdelo a buscar una actividad o pasatiempo.
- **Demuestre interés.** Demuestre interés por las ideas, sentimientos y experiencias de su hijo. Si pone atención a lo que su hijo le dice, sabrá cómo guiarlo y ayudarlo a tomar decisiones. Conozca a los amigos de su hijo y, de ser posible, también a sus padres.
- **Establezca límites claros.** Déle consejos a su hijo adolescente, pero involúcrelo a la hora de establecer las reglas y las consecuencias por no seguirlas. Asegúrese de que las consecuencias tengan que ver con el comportamiento, y sea consecuente a la hora de aplicarlas. Escoja sus batallas. Ofrezca varias opciones cuando se trate de situaciones de menor importancia.

Sus palabras y sus acciones ayudan a que su hijo se sienta seguro. ¡Demuéstrele a su hijo adolescente cuanto lo quiere!

Esta hoja informativa para los padres fue desarrollada con la colaboración de profesionales vinculados a diversas organizaciones nacionales que protegen a la juventud y promueven familias sanas. Para descargar esta publicación o para obtener más consejos para los padres (en inglés), vea: www.childwelfare.gov/preventing/promoting/parenting o llame al 1.800.394.3366.

Teen Parents... You're Not Alone!



What's Happening ??

Being a parent is a 24-hour-a-day job, and sometimes it can feel overwhelming. You may be juggling the demands of a baby, your family, school, and work. Chances are you're not able to do all of the things you enjoyed before your baby was born.

What Can I Do ??

Every parent needs support sometimes. If you think stress may be affecting how you treat your baby, it's time to find some help. Try the following:

- **Join a support group.** A group for young moms or dads could give you time with new friends who have lives similar to yours. Your children can play with other children, and you can talk about your problems with people who understand. Look on the Internet or call your local social services agency for information about support groups in your community.
- **Find ways to handle stress.** Take a break while someone reliable cares for your baby. Take a walk with the baby in a stroller, or rest while your baby naps. A social worker or nurse can help you learn other ways to manage stress.
- **Finish school.** Even though it may be difficult, finishing high school (or getting a GED) is one of the most important things you can do to help your baby and yourself. A diploma will help you get a better job or take the next step in your education (such as vocational training or college).
- **Improve your parenting skills.** Don't be afraid to ask for advice from experienced parents. Classes for parents can also help you build on what you already know about raising a happy, healthy child.
- **Call a help line.** Most States have help lines for parents. Childhelp® runs a national 24-hour hotline (1.800.4.A.CHILD) for parents who need help or parenting advice.

Stay in contact with friends and family who support you and make you feel good about yourself. Remember, help is just a phone call away!

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.

Many teen parents sometimes feel...

- Confused and uncertain—about their future or their skills as a parent
- Overwhelmed—they don't know where to begin or they feel like giving up
- Angry—at the baby's other parent, their friends, or even their baby
- Lonely—like they are the only person dealing with so many problems
- Depressed—sad and unable to face their problems

These feelings do not mean you are a bad parent!

Hay muchos padres adolescentes como usted



Lo que está pasando

Ser padre o madre es como tener un trabajo de 24 horas al día, y a veces puede ser muy pesado. Es probable que usted tenga que cuidar a un bebé y ocuparse de la familia además de ir a la escuela y al trabajo. Quizás ya no tenga tiempo para hacer todo lo que le gustaba antes de que naciera el bebé.

Lo que usted puede hacer

Todos los padres necesitan apoyo tarde o temprano. Si usted siente que el estrés está afectando la manera como trata a su bebé, es mejor que busque ayuda. Considere estas opciones:

- **Encuentre un grupo de apoyo.** Puede hacer nuevos amigos entre las personas y los padres jóvenes que tienen una vida parecida a la suya. Sus hijos pueden jugar con los hijos de estos padres jóvenes, y usted puede hablar de sus problemas con personas que lo entiendan. Busque por Internet o llame a su agencia local de servicios sociales para obtener más información sobre los grupos de apoyo en su comunidad.
- **Encuentre maneras de sobreponerse al estrés.** Tome un descanso mientras alguien de confianza cuida a su bebé. Vaya a caminar con su bebé en la carriola, o dese un baño de burbujas mientras duerme su bebé. Una enfermera o trabajador social le puede ayudar a sobreponerse al estrés.
- **Termine la escuela.** Aunque parezca difícil, terminar la preparatoria o high school (u obtener su GED) es una de las cosas más importantes que puede hacer para mejorar su situación y la de su bebé. Con su diploma, usted puede encontrar un trabajo mejor pagado y puede seguir sus estudios en el futuro (como la escuela vocacional o la universidad).
- **Adquiera más experiencia de crianza.** No tenga miedo de preguntar a los padres con más experiencia. Las clases para los padres también le ayudan a mejorar sus habilidades como padre o madre para criar a un niño sano y feliz.
- **Llame a un número de apoyo.** Casi todos los estados tienen números de teléfono para ayudar a los padres. La organización Childhelp® le brinda una línea de apoyo las 24 horas del día (1.800.4.A.CHILD) donde le ofrecen asistencia en español.

Manténgase en contacto con los familiares y los amigos de confianza que lo apoyan y lo hacen sentir bien. ¡Recuerde: usted puede encontrar ayuda en español solo marcando un teléfono!

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Muchos padres adolescentes a veces se sienten...

- Confundidos o indecisos sobre su futuro o su habilidad como padre o madre
- Abrumados por no saber dónde empezar, o por sentirse con ganas de renunciar a todo
- Enojados con el otro padre del bebé, sus amigos o hasta con el bebé
- Solitarios por sentir que son la única persona que enfrenta problemas similares
- Deprimidos y tristes o incapaces de enfrentar sus problemas

¡Experimentar estos sentimientos no quiere decir que sea un mal padre o una mala madre!

Ten Ways to Be a Better Dad

What's Happening

Children need both parents. Involved fathers can help children lead lives that are happier, healthier, and more successful than children whose fathers are absent or uninvolved. Fathers who spend time with their children increase the chances that their children will succeed in school, have fewer behavior problems, and experience better self-esteem and well-being.



What You Can Do

- 1. Respect your children's mother**
When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
- 2. Spend time with your children**
If you always seem too busy for your children, they will feel neglected no matter what you say. Set aside time to spend with your children.
- 3. Earn the right to be heard**
Begin talking with your kids when they are very young and talk to them about all kinds of things. Listen to their ideas and problems.
- 4. Discipline with love**
All children need guidance and discipline, not as punishment, but to set reasonable limits and help children learn from natural or logical consequences. Fathers who discipline in a calm, fair, and nonviolent manner show their love.
- 5. Be a role model**
Fathers are role models whether they realize it or not. A girl with a loving father grows up knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstrating honesty, humility, and responsibility.
- 6. Be a teacher**
A father who teaches his children about right and wrong and encourages them to do their best will see his children make good choices. Involved fathers use everyday examples to teach the basic lessons of life.
- 7. Eat together as a family**
Sharing a meal together can be an important part of healthy family life. It gives children the chance to talk about what they are doing, and it is a good time for fathers to listen and give advice.
- 8. Read to your children**
Begin reading to your children when they are very young. Instilling a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.
- 9. Show affection**
Children need the security that comes from knowing they are wanted, accepted, and loved by their family. Showing affection every day is the best way to let your children know that you love them.
- 10. Realize that a father's job is never done**
Even after children are grown and leave home, they will still look to their fathers for wisdom and advice. Fatherhood lasts a lifetime.

Adapted from National Fatherhood Initiative. Find the full brochure at www.fatherhood.org/10ways.asp

Diez maneras de ser un mejor padre

Lo que está pasando

Los niños necesitan a ambos padres. Los padres que participan en la vida de sus hijos los ayudan a tener vidas más saludables, felices y exitosas. En cambio, los niños cuyos padres se ausentan o no participan en la vida de sus hijos no tienen las mismas oportunidades. Cuando los padres dedican tiempo a sus hijos, éstos tienen más probabilidades de sobresalir en la escuela, tener menos problemas de comportamiento y experimentar mejor autoestima y bienestar.



Lo que usted puede hacer

- 1. Respete a la madre de sus hijos**
Cuando los niños ven que sus padres se respetan, es más probable que ellos aprendan a respetar y a sentirse respetados.
- 2. Dedique tiempo a sus hijos**
Si siempre está muy ocupado para encargarse de sus hijos, tarde o temprano se sentirán abandonados sin importar lo que les diga. Deje tiempo libre para dedicarse a sus hijos.
- 3. Gánese el derecho de ser escuchado**
Empiece a platicar con sus hijos desde pequeños y hableles de muchas cosas. Escuche sus ideas y sus problemas.
- 4. Imponga disciplina, pero con amor**
Todos los niños necesitan consejos y disciplina, pero no como un castigo, sino para establecer límites razonables y para ayudar a los niños a aprender consecuencias lógicas y naturales. Los padres que disciplinan a sus hijos de forma tranquila, justa y sin violencia demuestran su amor.
- 5. Sea un padre modelo**
Quieran o no, los padres dan el ejemplo a sus hijos. Una niña con un padre cariñoso y respetuoso crece con la idea de que merece ser respetada. Los padres les enseñan a sus hijos las cosas importantes de la vida al demostrar humildad, honestidad y responsabilidad.
- 6. Sea un buen maestro**
Los padres que enseñan sus hijos la diferencia entre el bien y el mal, animándolos a hacer lo mejor que puedan con sus vidas, se sentirán recompensados cuando sus hijos tomen buenas decisiones. Bastan ejemplos comunes y de todos los días para enseñarles las cosas que valen la pena en la vida.
- 7. Coma con la familia**
Comer en familia es una parte importante de una vida familiar saludable. La comida con la familia da a los niños la oportunidad de hablar de sus actividades, y los padres, a su vez, pueden escucharlos y aconsejarlos.
- 8. Lea con sus hijos**
Lea con sus hijos desde pequeños. Cultive su amor por la lectura para que tengan una vida rica y llena de posibilidades profesionales.
- 9. Demuestre afecto**
Los niños necesitan sentirse seguros sabiendo que son queridos, aceptados y amados por su familia. Demuéstreles su afecto para que se sientan queridos y apreciados.
- 10. Comprenda que el trabajo de un padre nunca termina**
Aun después de que los niños crezcan y se vayan de casa seguirán respetando los consejos y la sabiduría de sus padres. Un padre es para toda la vida.

Adaptado de la Iniciativa Nacional para la Paternidad. Encuentre el folleto completo en: www.fatherhood.org/10ways.asp

Raising Your Grandchildren



What's Happening

No matter why or how they came to live with you, your grandchildren will benefit from being in your home. When children cannot be with their parents, living with a grandparent may provide:

- Fewer moves from place to place
- The comfort of a familiar language and culture
- A chance to stay with siblings
- More contact with their parents, depending on the situation

What You Can Do

It will take time for your grandchildren to feel safe and secure in their new home with you. You can encourage these good feelings in a number of ways:

- Set up a daily routine of mealtimes, bedtime, and other activities.
- Help your grandchildren feel “at home” by creating a space just for them.
- Talk to your grandchildren, and listen when they talk to you.
- Set up a few rules and explain your expectations. Then, enforce the rules consistently.
- Reward positive behavior. When children make mistakes, focus on teaching rather than punishing.
- Be as involved with their school as you can, and encourage your children to participate in school activities.

This is a big job, and you may need help from your community. Here are some suggestions:

- Help with housing or other bills, clothing, or school supplies may be available specifically for grandparents raising grandchildren in your community.
- Join a support group. Often there are local groups for grandparents raising grandchildren.
- Ask for help and referrals from a church leader, the counselor at your child’s school, or a social services agency.
- If necessary, get professional help to address your grandchild’s special needs, such as medical care, mental health care, or special education.

Parenting the second time around brings special challenges and special joys. Do not hesitate to ask for help or seek services in your community for yourself and your grandchildren.

This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting or call 800.394.3366.

Cómo criar al hijo de un pariente



Es muy importante que los niños se sientan parte de una familia que los quiere y los respeta.

Su hogar puede ser el mejor lugar para los hijos de un pariente.

Cuando un niño no puede estar con sus padres, el hogar de un pariente le puede dar:

- El consuelo de estar con una persona que conoce, y que comparte su idioma y cultura.
- La oportunidad de quedarse con sus hermanos
- Menos mudanzas de un lugar a otro
- A veces más contacto con sus padres

Usted puede ayudar a que el niño se sienta seguro y protegido en su hogar.

- Tenga un sitio especial sólo para él, para que se sienta en casa.
- Tenga una rutina diaria de comidas, actividades y horas de irse a la cama.
- Háblele y escúchelo cuando le habla.
- Ponga unas pocas reglas y explíquele lo que espera de él. Haga que se cumplan las reglas sin falta.
- Si el niño hace algo bueno, ¡dígaselo! Si comete un error, explíquele lo que debe hacer la próxima vez.
- Participe en su escuela y en sus actividades escolares.

Criar al hijo de un pariente no es fácil. Es posible que usted necesite ayuda.

Su comunidad puede tener recursos para ayudarle con:

- Comida, vivienda y algunas de sus cuentas
- Ropa, útiles escolares y enseñanza individual
- Apoyo y asesoramiento
- Visitas al médico, atención de la salud mental o educación especial

Tenga paciencia. Tomará tiempo para que el niño se sienta protegido y seguro con usted. Si usted necesita apoyo, hable con el consejero de la escuela o con un trabajador social. Si usted necesita apoyo adicional solicítelo en su iglesia o en una agencia comunitaria.

Esta hoja informativa para los padres fue desarrollada con la colaboración de profesionales vinculados a diversas organizaciones nacionales que protegen a la juventud y promueven familias sanas. Para descargar esta publicación o para obtener más consejos para los padres (en inglés), vea: www.childwelfare.gov/preventing/promoting/parenting o llame al 1.800.394.3366.

Los niños extrañan a sus padres.

Los niños que no viven con sus padres tienen necesidades especiales. Pueden:

- Sentirse inseguros y no saber con certeza si usted los va a cuidar
- Portarse mal o desafiarlo
- Estar preocupados o deprimidos
- No comportarse de acuerdo con su edad



U.S. Department of Health and Human Services
Administration for Children and Families
Administration on Children, Youth and Families
Children's Bureau
www.acf.hhs.gov/programs/cb



A Service of the Children's Bureau/ACYF
1250 Maryland Avenue, SW Eighth Floor
Washington, DC 20024
703.385.7565 or 800.394.3366
Email: info@childwelfare.gov
www.childwelfare.gov



FRIENDS National Resource Center for
Community-Based Child Abuse Prevention
800 Eastowne Drive, Suite 105
Chapel Hill, NC 27514
919.490.5577
www.friendsnrc.org