



WHAT IT TAKES TO BE A NURTURING PARENT

Begin today by being a positive parent or caretaker and help other family members, friends, and neighbors be positive parents too

- Make children a priority.
- Show and tell your children that you love them every day.
- Let your children know you are happy to be with them.
- Give children a sense of security, belonging, and support.
- Catch your children being good and give them lots of praise.

Really listen to your children

- Give children your undivided attention when they are talking.
- Be patient and remember that children move at a different pace when they tell a story about their day.



Spend time with your children

- Make some special time for each of your children.
- Play with them, talk with them, and read with them.
- Keep your promises.
- Let your children help with household projects.
- Tell your children about your own childhood.
- Go to the zoo, museums, and ball games as a family.
- Play outside, play a board game, do an art project or other creative activity.

Set a good example

- Use good manners, like saying "please" and "thank you."
- Set clear, consistent limits.
- Consider how your decisions will affect your children.
- Open a savings account for college education.
- Resolve conflict with care and respect.
- Allow yourself a time-out when needed. Taking care of yourself is as important as taking care of your family.

Reach out to other family members, friends and neighbors

- Talk to family, friends, and neighbors about parenting.
- Join a parent support group.
- Get involved in something where you can socialize with other parents.
- Seek help if you need it. If you feel out of control or like a bad parent, get help.

Need To Talk To Someone? Call:

Childhelp®
National Child Abuse Hotline

1-800-4-A-CHILD
(1-800-422-4453)

There are many great websites for parents. Below are just a few suggestions.

www.babycenter.com | www.zerotothree.org | www.parents.com
| www.aap.org | www.handinhandparenting.org



HOW YOU CAN PREVENT CHILD ABUSE!



THE 6 PROTECTIVE FACTORS

The Center for the Study of Social Policy spent 2 years investigating protective factors and how to keep kids safe. They reviewed research in the field of child abuse and neglect, prevention, and family resiliency. They also interviewed hundreds of experts, practitioners, and parents. Below are the 6 Protective Factors and how you can help build healthy children and strong families. For more information visit: <http://friendsnrc.org/protective-factors>.

Parental Resilience

- Help parents and caregivers see their strengths and find solutions to their problems by building on those strengths.
- Focus on flexibility and help parents learn how to bounce back from difficult situations.

Social Connections

- Give families a safe place to gather and make friends.
- Host or sponsor child and family events, such as health fairs, reading nights, and block parties. Encourage your place of worship, school, daycare, and work to do the same.

Knowledge of Parenting & Child Development

- Share information with parents and all caregivers on child development and appropriate discipline.
- Start a lending library of books and toys that will help parents understand ages and stages their child is going through.

Concrete Supports in Times of Need

- Link families to needed community services in a positive and respectful manner.
- Offer support to a parent who is under stress through babysitting, making a meal, or maybe just listening.

Social and Emotional Competence of Children

- Teach children to recognize and express their feelings.
- Help children learn how to share, cooperate and take turns.

Parent-Child Relationship

- Provide opportunities for parents and children to spend fun time together.
- Support home visiting programs in your area such as Healthy Families, Early Head Start, and Parents as Teachers which provide families with early bonding experiences.

Prevent Child Abuse Illinois has developed several tools to help parents and caregivers cope with the everyday challenges and joys of raising strong, healthy children. These resources and many others can be found on our website at:

www.preventchildabuseillinois.org/20-ways