

CHILD ABUSE PREVENTION MONTH: APRIL 2009

Children are a reflection of the care they receive. When they grow up in families and with caregivers who value, love and respect them, they learn, play and live with confidence. This year's theme, "**Building Strong Families, Growing Great Kids,**" is a nod to the fact that all adults need advice and encouragement on how best to nurture children. When families thrive, great kids are the result. This prevention packet is a wonderful resource for parents and caregivers. It provides parenting and safety tips, advice on how to manage stress, and developmental information designed to help individuals grow great kids with enthusiasm.

How To Use the Packet

Use the packet however you would like throughout the year and as you organize your observance of Child Abuse Prevention Month. The parenting tips, child development information and other flyers included can be duplicated or reprinted. There are also sample public service announcements and a proclamation for you to use. Feel free to customize the packet materials by adding the name of your group or information about your local program.

Find Prevention Information on the Web

You can find the latest statistics and other prevention information on the Virginia Department of Social Services web site: www.dss.virginia.gov/family/cps


You may also download this entire packet from the Prevent Child Abuse Virginia web site: www.preventchildabuseva.org or the Virginia Department of Social Services web site listed above.

Don't Forget To Fill Out Your Survey

Filling out the mail-back survey in the left side of this packet is very important. We use your responses to plan for next year's packet. **You may mail or fax back the survey.** We also appreciate copies of the materials you produced and distributed during Prevention Month and clippings from your local newspaper.

2009 PACKET CONTENTS

Left Side

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1. Packet Contents – Read Me First!
 2. Survey
 3. Fact Sheet – Child Abuse in Virginia
 4. Moments in Virginia
 5. Proclamation
 6. Public Service Announcements & Sample Media Release
 7. Recognizing Child Abuse – poster
 8. Pinwheels for Prevention/Make Your Own Pinwheel

Right Side

1. **Poster** – Building Strong Families, Growing Great Kids

Positive Parenting

2. Discipline Strategies for Every Age
3. Creating Fun! On a Budget
4. Bonding With Your Young Child
5. Give "Time In" a Chance
6. Thriving as a Single Parent
7. Brand New Baby Blues
8. Kinship Care- Parenting When You're Not the Biological Parent
9. Relieving Stress Together

Child Development

10. A Good Start
11. Physical Fitness Matters
12. Handling Defiant Children
13. Appreciating Your 5 to 8 Year Old
14. Raising a Tween
15. Surviving Adolescence
16. Let's Talk: Communicating with Your Child at Every Stage
17. Decision-Making 101

Nurturing and Supporting Children

18. Personal Safety
19. Overscheduled? Create Some Balance
20. Coping with Food Allergies
21. Building Trust
22. Spending Quality Time
23. Being a Good Dad
24. Keep Summer Safe & Fun
25. Keys to a Healthy Relationship

Community

26. Make Kids Count
27. You Can Help Prevent Child Abuse & Neglect