

Read Me First!

When children are born, it seems they'll be young for eternity. Before you know it, however, they've grown up before your eyes. That's why it's important to pour into them every day the love, wisdom and quality time that will shape them into healthy and productive adults. This year's theme, "Now is the Time: Children Can't Wait," acknowledges the fact that every choice we make on behalf of children today, impacts their tomorrows. With appropriate attention and guidance, they can flourish. This prevention packet provides parenting and safety tips and child development information that can help you raise happy and healthy children at every stage.

How To Use the Packet

Use the packet however you would you like as you organize your observance of Child Abuse Prevention Month 2010. The prevention packet is a helpful resource for parents and caregivers. It includes parenting tips, developmental guidelines and safety information on how to keep kids safe. There is also a sample press release and a proclamation for you to use. **You have permission to copy or reprint anything in the packet.** Feel free to customize the packet materials and to add the name of your group or local program information.

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.

2010 PACKET CONTENTS

LEFT SIDE

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 2. **Survey**
 3. Fact Sheet – Child Abuse in Virginia
 4. Moments in Virginia
 5. Proclamation
 6. Sample Media Release/Pitching the Media Tips
 7. Recognizing Child Abuse – poster
 8. Training Resources for Prevention Professionals

RIGHT SIDE

1. Poster- Now is the Time: Children Can't Wait

POSITIVE PARENTING

2. Soothing Your Baby's Cries
3. Communicating with Your Child
4. Help Your Child Succeed In School
5. Parenting Wisely and Well
6. Understanding Technology
7. Self-Care for Busy Parents
8. Parenting Together While Living Apart
9. Never Shake A Baby

CHILD DEVELOPMENT

10. Nurturing Your Young Child – Birth to Age 3
11. Nurturing Your Young Child – Preschoolers – Ages 3 to 5
12. Nurturing Your Growing Child – Ages 5 to 8
13. Loving Your Tween
14. Grooming Your Teen for Independence

RAISING HAPPY AND HEALTHY CHILDREN

15. Building Confident Kids
16. Safety First!
17. Keeping Older Children Safe
18. Decision-Making 101
19. Resolving Conflicts
20. Helping Your Child Survive Bullying
21. Coping With Change
22. Raising a Child With Special Needs
23. Leaving Your Child Home Alone + Home Alone Checklist

PREVENTING ABUSE, IMPLEMENTING SOLUTIONS

24. Make Kids Count
25. What Influences Child Abuse and Neglect?
26. Keeping Kids Safe from Sexual Abuse
27. What to Do If a Child Reports Abuse or Neglect