

LEFT SIDE

1. Letter from Virginia's First Lady-Honorary Chairperson of Child Abuse Prevention Month
2. Packet Contents – Read Me First!
3. Survey-*Be sure to fill this out and send it in!*
4. Fact Sheet-Child Abuse in Virginia
5. Moments in Virginia
6. Proclamation
7. Sample Media Release/Social Media Blurbs
8. Recognizing Child Abuse
9. Training Resources for Prevention Professionals

RIGHT SIDE

1. Poster-Promising the Future for Children: Protecting Their Childhood

Child Development

2. Cherishing Childhood / Did You Know?
3. Help Your Child Succeed In School
4. Bond with Your Older Child
5. Foster Parenting a Middle Schooler
6. Read to Grow / Books for Parents and Caregivers

Health and Safety

7. Healthy Kids=Happy Kids
8. Coping with Allergies
9. Internet Safety
10. Leaving Your Child Home Alone/Your Child's Home Alone Checklist

Social and Emotional Well-Being

11. Loving Discipline: Defending Your Decision Not to Spank
12. Helping Your Child Survive Bullying
13. Raising Children With Special Needs
14. Creating Fun on a Budget
15. Decision-Making 101

Encouragement and Nurturing

16. Fathers Are Important
17. Planting Time / Build a Keyhole Garden
18. Parenting Together While Living Apart
19. Imagination Power
20. Twelve Alternatives to Lashing Out at Your Child

Preventing Abuse, Implementing Solutions

21. Guarding Childhood /Protect Your Child from Sexual Abuse
22. Never Shake a Baby
23. Soothing Your Baby's Cries
24. Never Shake a Baby Agreement Form

Read Me First!

Childhood is a season to treasure for both parent and child. It's important for youths' social, emotional and physical wellbeing to enjoy and fully experience each stage. This year's theme, "*Promising the Future for Children: Protecting Their Childhood*," reflects the fact that while we live in a culture that often encourages kids to grow up too fast, a parent holds the reigns. It's up to mothers, fathers and other caregivers to shield children in their care from activities, entertainment and opportunities that may be too mature for them. A youth whose childhood is filled with age-appropriate experiences and life lessons will eventually become a healthy and productive adult. When kids are allowed to be kids, they are better prepared not only when they reach adulthood, but also when they become parents. This year's prevention packet provides parenting and safety tips and child development information to help raise 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 2011. The prevention packet is a helpful resource for parents and caregivers that includes parenting tips, developmental guidelines and safety and well-being information. There is also a sample press release, a proclamation for you to use, and a letter from Virginia's First Lady Maureen McDonnell – Honorary Chairperson of Prevention Month 2011. *You have permission to copy or reprint anything in the packet.* Feel free to customize the packet materials and 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

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

Don't Forget To Fill Out Your Survey

Filling out the mail-back survey (on light blue paper) 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, or request an electronic version via email. We also appreciate receiving copies of the materials you produced and distributed during Prevention Month and clippings from your local newspaper or other media.