

Positive Actions for Parents

From the Center for Disease Control website at
www.cdc.gov/ncipc/dvp/PAFP.htm

April is the National Child Abuse Prevention Month

Parenting can be one of the most rewarding yet challenging jobs a person can have. After all, children do not come with instructions, nor are they the same. Just like all adults, children are diverse individuals who may or may not have the same temperament as that of the parent. As parents, we must find ways to positively affect our relationship with our children.

Positive Actions for Parents

√ **Use positive rewards**– Hugging children gives them the support they need and a sense of “belonging.” You can even “catch your child being good” and praise behavior you want repeated.

√ **Avoid violence at home**– Children imitate what they see and hear. Teach by the example you set.

√ **Set limits**– Talk with your children about how you think they should act, and provide a penalty if these limits are violated.

Make a connection– As children grow, they learn about their own personalities, likes, and dislikes. They form new friendships and participate in new activities. Be involved in this process from the beginning. By making a strong connection with your child early, you can be a source of support and guidance when new situations arise. Here are a few ways to make a connection:

√ **Talk with your child**– It seems obvious, but honest communication is crucial. Talking to your child, even to a baby, will help you both learn to talk openly about any situation.

√ **Be a good listener**– Listen to what your child is saying. It’s important that your child be able to ask you questions. Children are curious– questions about drugs or sex do

not mean they are doing those things.

√ **State your expectations**– Your children look up to you. Clearly state your expectations and values– especially about difficult topics like drugs, sex, smoking, and dating. This will encourage them to come to you if they have questions or need support.

Get help if you need it– Parenting is a rewarding experience, but it is not always easy. Sometimes you may need support from others. By connecting with friends or family members in your community, you can get support when times are tough (Chalk and King 1998). You can also be a resource for others. Making contact with other moms and dads is a great way to share helpful stories and learn tips. Take action if you need help:

√ **Rely on family, friends, coworkers, and others for support**– Talk to them about any problem or stress.

√ **Ask for a break**– Breaks are essential, especially when you’re frustrated. You can repay the favor by giving other parents a needed break when they face similar circumstances.

√ **Call a HOTLINE**– When you have nowhere else to turn, call STOP IT NOW! 1-800-PREVENT (773-8368) or Childhelp USA 1-800-4-A-CHILD.

Be a supervisor– Although you can’t always see it, children are constantly growing and developing. For healthy growth, children need supervision and care. By caring for your children, you can prevent injuries such as bruises and fractures. You can also prevent child abuse and neglect, a serious setback that can lead to poor relationships, violence, self harm, and reduced thinking ability in adulthood. You can care for your children in many ways:

√ **Monitor your children**– Know their

whereabouts and activities. When they're at home, keep an eye on them to help prevent injuries. When they go out, ask questions: Where are you going? Who will be there? What will you do?

√ **Make safety a priority-** Protect your children from injury by making sure they use bike helmets, seat belts, car seats, and other safety equipment.

√ **Protect your children from violence-** Help them avoid violent peers; violent TV programs, computer and video games, or music; and keep violence out of your own relationships. If your children see violence, talk with them about what they saw.

Remember . . . all parents have problems from time to time. Good parenting is a skill that takes time, commitment, and support. By caring and nurturing, parents can teach children and other parents strategies to give our children a safer and more healthful environment.

COMMUNITY RESOURCES

YOLO COUNTY CHILDREN'S ALLIANCE & CHILD ABUSE PREVENTION COUNCIL

The Yolo County Children's Alliance & Child Abuse Prevention Council is a children's collaborative working to improve the well being of children, youth and families in all the communities in Yolo County. It works to address the needs of Yolo County children throughout the year. This April, the Child Abuse Prevention Council will once again work towards bringing awareness of child abuse and assisting the community with highlighting tools and resources for the prevention of child abuse in the county. For more information about their efforts as well as to information about upcoming events please visit their website at www.yolokids.org or contact Heidi at (530) 757-5558 or capc@yolocounty.org.

CHILD CARE SERVICES

Resource & Toy Library Offers an assortment of parenting literature and videos as well as a Toy Library for parents to borrow toys. For information call (530) 757-5695.

Parents Together A free support group for parents of infants (1 yr. & under). The group meets Tuesdays, from 1-2:30 p.m. at the Conference Room, 600 A Street in Davis. For information call (530) 757-5695.

YOLO COUNTY CHILDREN & FAMILIES COMMISSION

Provides new parents with a New Parent Kit. The kit contains videos pertaining to child development along with booklets and general resources for new parents. For more information call (530) 669-2475.

HANDS TOGETHER

Offers FREE Parenting Classes. Child care may be available for some of the classes. Please call Jada Chapman at (530) 669-3285 for more information or to register for classes.

FOSTER & KINSHIP CARE EDUCATION PROGRAM

Offers FREE classes & information for foster & kinship families as well as the general public. For more information on any of these classes please call Rena DeLacey at (530) 662-5151.

YOLO CRISIS NURSERY

The Yolo Crisis Nursery is a safe and loving home in Yolo County with experienced staff who provide 24-hour care for young children for as little as 24 hours and for as long as 30 days. Parents who are experiencing high levels of stress or significant hardship can utilize the nursery as a safe haven for their young children, while the parents are provided with support and resources to resolve the crises and/or cope with the stress. Please call (530) 758-6680.

FAMILY RESOURCE CENTER

The Family Resource Center offers bilingual services which include home visiting, public health nursing assessments, consultation and case management, parent/child interactive classes, teen parenting support group, parents in crisis support group, interactive class for fathers and children among other services. For more information call (530) 406-7221.

PARENT OUTREACH PROJECT

Child abuse is often the result when parents are under extreme stress. The California Parent Outreach Project is a statewide prevention initiative to provide 24 hour support to parents and caregivers who call (800) 901-4565 or go to www.parentoutreach.org

CHILD WELFARE SERVICES/CHILD PROTECTION SERVICES

Provides pre-placement preventive services, out-of-home care services and referral to juvenile court. Focus is providing services to each child and family designed to achieve protection and care in the most family-like environment possible consistent with the best interests and special needs of the child. Services include family preservation, family reunification and permanent placement through long-term foster care, guardianship or adoption. (888) 400-0022 or (530) 669-2345 for more information.