



NEW HAMPSHIRE

Children's Trust

New Hampshire chapter of  **Prevent Child Abuse
America®**

2020 CHILD ABUSE PREVENTION MONTH TOOLKIT



MAKE

#greatechildhoods

HAPPEN

According to Prevent Child Abuse America, the pinwheel “reminds us of childlike notions and stands for the chance at the healthy, happy and full lives all children deserve.” As the state chapter of PCAA, NH Children’s Trust uses the pinwheel as a symbol of great childhoods during National Child Abuse Prevention Month.

COMMUNITY EDUCATION & AWARENESS

MESSAGE

Make #greatchildhoods happen.

SOCIAL MEDIA

Use the “hashtag” #greatchildhoods during April to discuss National Child Abuse Prevention Month on social media.

WEAR BLUE DAY IS FRIDAY, APRIL 3RD.

- Help make #greatchildhoods happen! Stand in solidarity for great childhoods by wearing blue, sharing your photos online and distributing education on child abuse and neglect prevention. Tag your company or group or tell us the name and we’ll tag them. We have more than 3,600 Facebook followers.
- Post photos on [NH Children’s Trust Facebook wall](#).
- Share photos on Instagram using #greatchildhoods #WearBlueDayNH
- Email photos for a social media feature on our account to info@nhchildrenstrust.org.
- [Share these flyers](#) with your network and post in your office, center, classroom, lobby, community, etc. to encourage involvement in Wear Blue Day.
- Raise funds for NH Children’s Trust’s prevention efforts.
 - Organizations have fundraised by allowing employees to dress down or wear jeans on Wear Blue Day in exchange for a [donation](#). Contact us at info@nhchildrenstrust.org to set up a fundraising agreement.
 - Ask your friends to give by starting a [Facebook fundraiser](#).

FACEBOOK

Example Facebook posts:

- It’s easier than you think to make a big difference in a child’s life with small steps you can take every day. April is Child Abuse Prevention Month, but every day matters. Check out all the ways you can get involved at nhchildrenstrust.org/prevention-month.
- Children thrive when they are in safe, supportive environments. Help create nurturing environments for children by supporting the caretakers in their life. #greatchildhoods



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TWITTER

Example Twitter posts:

- Let your elected officials know you support policies that support kids and families—for #CAPmonth and every month. #greatchildhoods #preventchildabuse #preventchildabuseamerica
- Help a first-time parent or share your favorite go-to resources with a new neighbor. See more ways you can help during #CAPmonth and every month at nhchildrenstrust.org/prevention-month #greatchildhoods #preventchildabuse #preventchildabuseamerica
- Supportive communities + strong families = safe kids and #greatchildhoods. Join us and get involved at nhchildrenstrust.org/prevention-month #CAPmonth #preventchildabuse #preventchildabuseamerica

STRENGTHENING FAMILIES

- The Strengthening Families approach concentrates on individual family strengths within a positive and uplifting framework and helps prevent child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own [Protective Factors](#). The [Children's Trust Fund Alliance](#) offers a free online training in the Strengthening Families curriculum. Consider [taking this training](#) to identify and build on the Protective Factors in your own life or the lives of the families you work with.
- Download this [activity calendar](#) to promote family-strengthening activities every day during National Child Abuse Prevention Month.

EDUCATE THE COMMUNITY

- Hang posters in churches, libraries, stores, schools, banks, and other places where children and families visit. Please contact the NH Children's Trust—info@nhchildrenstrust.org—for the most up-to-date posters.
- Create a pinwheel garden, take a picture, and post it to social media! Send pictures to info@nhchildrenstrust.org so we can post the pictures to our feeds. Be sure to include your name, your organization, and the location of the pinwheel garden. For additional pinwheels, please contact us at info@nhchildrenstrust.org.

WEAR A PINWHEEL LAPEL PIN

Purchase and wear pinwheel lapel pins everyday in April.

- 1 for \$5 each
- 10 for \$50
- 100 for \$250 (50% discount)

Contact the NH Children's Trust—info@nhchildrenstrust.org—for pins.

SHARE NATIONAL RESOURCES

- [Strengthening Families Framework](#)
- [Supporting and Preserving Families](#)
- [WE CAN—Work to End Child Abuse and Neglect](#)
- [Parent Education to Strengthen Families](#)



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ADVOCACY

ENCOURAGE PARENTS TO BE THEIR FAMILY'S ADVOCATE

- Attend My Voice Matters advocacy training for parents and check out our [upcoming trainings](#).
- Follow NH Children's Trust on [Facebook](#) for advocacy action alerts
- Sign up for the NH Children's Trust's [monthly newsletter](#) to get information on state and national advocacy efforts.

CONTACT PUBLICLY ELECTED OFFICIALS, LOCAL AND NATIONAL

- Find [congress contact information](#).
- Send Congress a message on Twitter!
 - Use #greatchildhoods for National Child Abuse Prevention Month
 - Congressman Chris Pappas—[@RepChrisPappas](#)
 - Congresswoman Annie Kuster—[@RepAnnieKuster](#)
 - Senator Maggie Hassan—[@SenatorHassan](#)
 - Senator Jeanne Shaheen—[@SenatorShaheen](#)
- WHAT TO SAY:
 - Urge them to visit their Family Resource Centers
 - Example (fill in any public official): #greatchildhoods @RepAnnieKuster Find your Family Resource Center at nhchildrenstrust.org/parenting, a local hub for strong families!
 - Encourage them to support home visitors
 - Example (fill in any public official): #homevisitors can relieve parental stress and prevent child abuse & neglect. @SenatorShaheen, they need your support #greatchildhoods
 - Urge them to back policies that support families
 - Example (fill in any public official): @SenatorHassan did you know @CDCInjury says paid leave can reduce risk factors for child abuse and neglect? #greatchildhoods
 - Make them aware of National Child Abuse Prevention Month
 - Example (fill in any public official): April is Child Abuse Prevention Month. Stand up for #greatchildhoods and find out more at nhchildrenstrust.org/prevention-month @RepChrisPappas



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7 Ways a Child Builds Self-Esteem*

HELPING YOUR CHILD BUILD SELF-ESTEEM IS A BALANCING ACT.

Sometimes you want to step back and other times you want to fight their battles.

The best way to help your child grow up to be confident is by encouraging them to pursue experiences that make them feel capable, effective and accepted. That means sometimes your child will tackle challenges and win and other times they will fail. But struggles and failures can build self-esteem too.

Help your child build confidence by encouraging them to:

1. **Take healthy risks.** Risks help your child stretch and grow. Allow your child to figure out problems, make choices and experience the results.
2. **Develop competence.** Encourage your child to explore and develop interests and talents. To progress, your child should stick with what they started.
3. **Set realistic goals.** It's OK for your child to go big with their dreams, but the goal must be within reach.
4. **Earn praise.** When praise is appropriate it can make your child feel like a million dollars. Too often children are overpraised, which lowers the bar. Praise your child's effort or achievement and not their worth. For example, don't tell your son he is awesome; tell him you loved how he achieved his goal of all As.

5. **Help at home.** Asking your child to help out at home can build a sense of responsibility. Make them feel valued and channel energy into desirable behavior. Whether a toddler or a teen, every child can help set the table, collect dirty clothes for the washer and pick up around the house.
6. **Make choices.** Allow your child to make age-appropriate choices and live with their consequences.
7. **Know your love is unconditional.** Your child will make mistakes. But when your child fails to meet your expectations, your son or daughter needs to know you will continue to support and love him or her.

Remember, you can't give your child self-esteem. But you can provide the guidance and tools to help them build confidence.

**Information from Families Forward Virginia*



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Using a Trauma-Informed Approach

BEING INFORMED ABOUT TRAUMA IS ESSENTIAL FOR ANYONE WORKING WITH FAMILIES AND INDIVIDUALS.

People experiencing trauma in their lives can have long-lasting effects, especially if the trauma was in childhood.

There is a direct link between trauma and physical health. Children with four adverse childhood experiences (trauma) are 12 times more likely to have a long list of chronic health problems as adults than children without trauma. They are also at much higher risk for depression, promiscuity, drug abuse and suicide attempts.*

A trauma-informed approach to care helps shift the care given to individuals that experience these traumatic events.

Anyone following a trauma-informed approach to care:**

1. Realizes the widespread impact of trauma and understands potential paths for recovery.
2. Recognizes the signs and symptoms of trauma in clients, families, staff and others involved with the system.
3. Responds by fully integrating knowledge about trauma into policies, procedures and practices.
4. Seeks to actively resist re-traumatization.

A trauma-informed approach adheres to six key principles rather than a prescribed set of practices or procedures. **

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, historical and gender issues

Trauma-specific intervention programs generally recognize the following:**

- The survivor's need to be respected, informed, connected and hopeful regarding their own recovery;
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression and anxiety;
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers.

**Information from Collaborative for Educational Services*

***Information from the U.S. Dept. of Health & Human Services/
Substance Abuse and Mental Health Services Administration*



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Managing Stress*

STRESS IS A FACT OF LIFE, BUT IT'S HOW YOU MANAGE IT THAT COUNTS. You'll find it more beneficial to respond positively to stress than to react in a knee-jerk way. You need to be in control of your thoughts, emotions and actions. You can't take care of others unless you take care of yourself first. When you are stressed it's important to practice self-care.

- **Use your breaks at work to breathe and relax.** Get out and take a short walk, change the scenery. If you have a door to your office, close it and do a quick meditation exercise.
- **Take at least three to five minutes every hour to become aware of your breathing.** Let your mind settle and relax. Use this time to focus just on the present, rather than recent or expected stressors.
- **At the end of the day congratulate yourself for your accomplishments.** Acknowledge the work you've done and be proud.
- **Take time to focus on the positive and relax.** Smile, whistle a tune, spend time with your pet, walk, hike, dance, sing. Keep a gratitude journal and write in it every day.
- **A simple smile can turn a bad day upside down.** Take time to give someone a compliment. And, do something for yourself—eat some chocolate, practice kindness, laugh out loud, watch a sunset, focus on your senses.
- **Avoid drugs and alcohol.** You may look at this as a temporary fix to feel better, but in the long run drugs and alcohol can create more problems and add to your stress—instead of taking it away.
- **Find support.** Don't be afraid to ask for support. Seek help and support from positive people in your life, a family member or friend for example. Having someone with a sympathetic, listening ear and sharing your stress really can lighten the burden.
- **Connect socially.** After a stressful event, it is easy to isolate yourself. Make sure you are spending time with loved ones. Consider planning fun activities with your partner, children or friends.
- **Take care of yourself.**
 - Eat a healthy, well-balanced diet.
 - Exercise regularly.
 - Get plenty of sleep—six to eight hours a night.
 - Give yourself a break if you feel stressed out. For example, treat yourself to a therapeutic massage.
 - Maintain a normal routine and a sense of humor.
 - Be optimistic. Engage in positive thinking.
- **Stay active.** You can take your mind off your problems with activities like helping a neighbor, volunteering in the community, or taking the dog on a long walk. These can be positive ways to cope with stressful feelings.
- **Find ways to relax.** Become proficient in meditation or mindfulness or take a yoga class.

**Information from Families Forward Virginia*



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WEAR BLUE DAY

April 3, 2020



April is Child Abuse Prevention Month. Raise awareness by sharing a photo of yourself on April 3 using the hashtag [#WearBlueDayNH](#).

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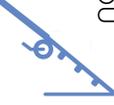
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Parent Calendar

April 2020

30 Ways to Strengthen Your Family Using the Five Protective Factors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Five Protective Factors</p>	<p>Parental Resilience</p>	<p>Social Connections</p>	<p>Knowledge of Parenting & Child Development</p>	<p>Social & Emotional Competence of Children</p>	<p>Concrete Support in Times of Need</p>	<p>Family Fun</p>
<p>4</p> <p>Ask your child who is important to them.</p> 	<p>5</p> <p>Write down all the things you love to do with your child.</p> 	<p>7</p> <p>Take time to connect with friends. Pick up the phone or send them a text, email, or card.</p>	<p>8</p> <p>Make a list of new skills. It can help your child be happy and healthy.</p>	<p>9</p> <p>Teach your child to resolve conflicts peacefully.</p> 	<p>10</p> <p>Know where to turn to ask for help.</p> 	<p>11</p> <p>Take the whole family on an outdoor adventure.</p> 
<p>12</p> <p>Explore the world from your child's point of view.</p> 	<p>13</p> <p>Have a family game night!</p> 	<p>14</p> <p>Join a community group. It can be a great way to meet other people.</p> <p>SIGN UP</p>	<p>15</p> <p>Learn how to respond in a positive light when your child misbehaves.</p>	<p>16</p> <p>Give your child attention for making the right choices.</p> 	<p>17</p> <p>It is okay to ask for help!</p> 	<p>18</p> <p>Spend time baking cookies or other goodies with your family.</p> 
<p>19</p> <p>"Catch" your children being good. Praise them often.</p> 	<p>20</p> <p>Create a list of stress-buster activities.</p> 	<p>21</p> <p>Organize a clothes-swap potluck to exchange children's clothes.</p>	<p>22</p> <p>Reflect on parenting you received as a child and how that impacts your parenting today.</p>	<p>23</p> <p>Create regular routines for checking in on how everyone in the family is feeling.</p>	<p>24</p> <p>Help someone else get what they need.</p> 	<p>25</p> <p>Go to the playground!</p> 
<p>26</p> <p>Talk to your faith community about starting a parent-support ministry.</p>	<p>27</p> <p>Make time to do something YOU enjoy.</p> 	<p>28</p> <p>Make a meal for your neighbor.</p> 	<p>29</p> <p>Reach out to a parent in your community to discuss your parenting experiences.</p>	<p>30</p> <p>Encourage your child to build a routine of their own to check in on those around them.</p>	 <p>NEW HAMPSHIRE Children's Trust New Hampshire chapter of Prevent Child Abuse America</p>	

My Family Checklist



I will continue to have courage during stress or after a crisis.
PARENTAL RESILIENCE



I know what my child needs as they grow and develop.
KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT



My child feels loved, has a sense of belonging, and can get along with others.
SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN



I have friendships with people who support me and my parenting.
SOCIAL CONNECTIONS



My family has access to basic needs.
CONCRETE SUPPORT IN TIMES OF NEED





10 Loving gifts for families

Time. Have the neighbor's kids over for a few hours to give parents time to reconnect and recharge.

Arms. The gift of arms means holding babies and playing with the little ones so moms and dads can take the time to do what they need to do, like grocery shopping, exercising or even showering!

Groceries. No one should ever have to worry about how they are going to feed their family. The gift of groceries means parents can have a little extra cash to put into savings or for a night out together.

Diapers. It's amazing how many diapers an infant can go through in a week. A case of diapers keeps babies dry and parents less stressed.

Museum gift pass. Museum gift passes give families something fun, interactive and enriching to do together.

Gas. Worrying about running out of gas with kids in the car is not pleasant. Give the gift of a full gas tank!

Library trip. Take a young family to the library. Introduce them to the children's librarian and the wonderful magic of the gift of reading.

Home cooked meal. Parents can only eat dinosaur-shaped chicken nuggets for so many days in a row. A home cooked meal will be so appreciated by worn out parents.

Family resource center visit. Parents aren't always aware of what resources are available to them in their own communities. Introduce them to parenting support groups, play groups and the wealth of information a family resource center has to offer.

Encouraging words. Parenting is exhausting, confusing and frustrating at times. Being in the parents' corner makes all the difference!

Twenty ways to say
I LOVE YOU

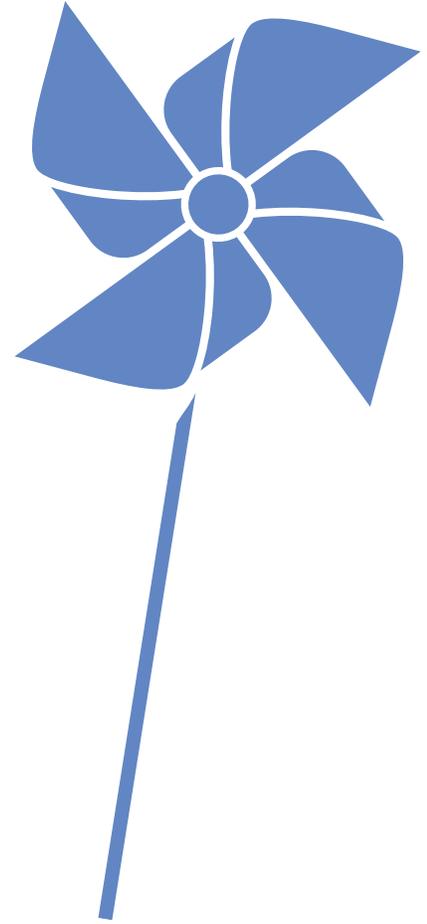
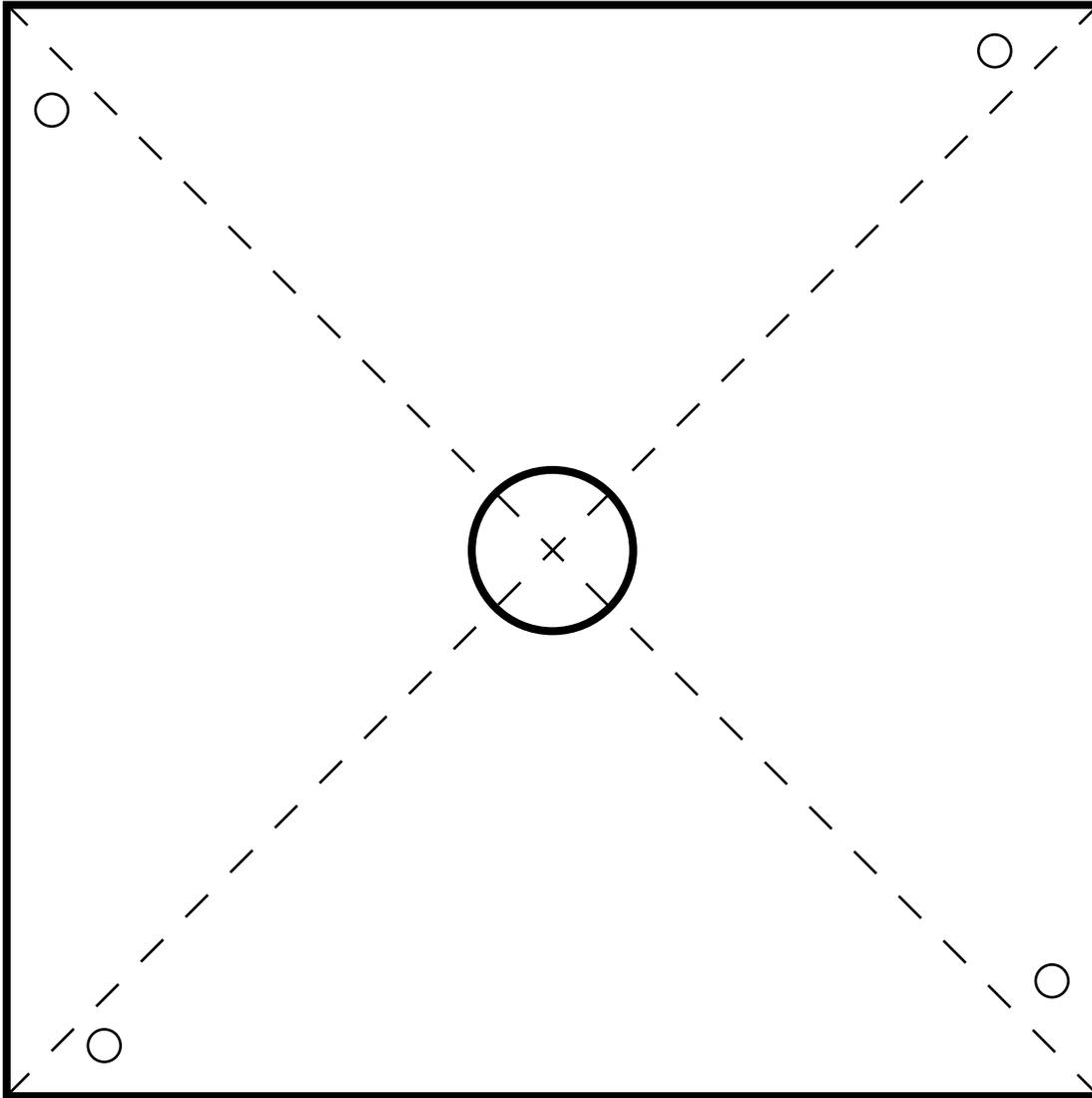
to your child

- Say, "I'm proud of you"
- Welcome your child's friends
- Set boundaries that keep them safe
- Acknowledge their feelings
- Give clear expectations
- Listen, listen, listen!
- Say, "I'm sorry," when wrong
- Hug often
- Explain why you're angry
- "Catch" your child being good
- Do things they like together
- Praise more – criticize less
- Use consequences consistently
- Make free time
- Allow mistakes
- Be excited when you see them
- Keep promises you make
- Start a tradition with them, and continue it
- Let them act their age
- Say, "I love you," every day!

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Make Your Own Pinwheel

Activity Sheet



WHAT YOU'LL NEED:

- A pencil with eraser
- 8.5 x 11 sheet of construction paper
- Scissors
- Colored pencils or markers
- Paper fastener
- Plastic drinking straw

HOW TO MAKE A PINWHEEL:

1. Print out the pinwheel pattern. You can reproduce this pattern on white construction paper with a copy machine. Be sure to cut the construction paper to 8.5 in. by 11 in.
2. Cut-out the pinwheel on the solid lines only.
3. Decorate both sides of the construction paper pinwheel.
4. Cut the dotted lines from the four corners to the center circle. Try not to cut into the center circle.
5. Use the sharpened pencil to poke a hole through the circles in the four corners. The pencil point also works well to poke a hole into the straw. Carefully push the pencil point through the straw about a half-inch from the top.
6. Make the tiny holes on the four points meet at the center circle.
7. Push the ends of the paper fastener through the holes in the pinwheel, then push the fastener through the center circle.
8. Place the straw on the back side of your pinwheel and push the ends of the fastener through the hole in the straw. Open-up the fastener by flattening the ends in opposite directions.

Now you're ready to try-out your beautiful pinwheel!

All you will need is a little bit of wind to make your pinwheel spin round and round. Have fun!