

TOGETHER WE CAN PREVENT CHILD ABUSE

We all play a role in strengthening families



How Neighbors Can Help Now

Offer to baby-sit so parents can get a little break; Coordinate a meal sign-up for new parents or a family in need; Organize a block party so families can get to know each other; Start or participate in a carpool to help families; Increase social connections by introducing yourself to a new neighbor or saying hello to your neighbors by name; Be a listening ear for a neighbor who is struggling; Invite a neighborhood family to your home for dinner; Get to know the families and children in your neighborhood and make a point to say hello/ask them how they are doing; Ask a family if they need something picked up the next time you run to the grocery store; Run an errand, shovel snow, or do yard work for a parent in your neighborhood; Donate lightly used children's clothing, furniture and toys for use by another family

How Community Organizations Can Help Now

Post early learning and development videos and resources to your social media channels (see GuilfordBasics.org); Raise awareness of child safety and childproofing info; Put children's books in your lobby and waiting areas; Schedule family events at different times of the day and on different days of the week so more families can participate; Add information about family friendly resources on local and or neighborhood websites like Nextdoor; Remind people that it's okay to ask for help when needed; Collaborate with childcare centers and schools by joining PTAs, participating in fundraising and more; Recognize a child or family in distress and offer assistance; Provide parenting education classes for parents and for students before they become parents; Connect parents to one another and to important supports



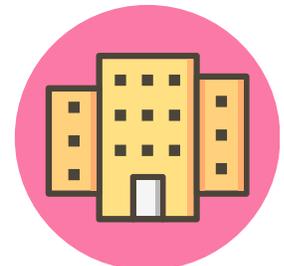
How Employers Can Help Now

Allow for flexibility in scheduling where possible; Check in with mothers and fathers to see how they are doing; Participate in an employee assistance program (EAP) or maintain a list of available resources to support families; Learn where your public officials stand on children's issues and use your voice and vote to support families; Promote a culture where it's okay to reach out and ask for help; Work with and support employees in managing their workloads during times of added stress; Create a community brag board so that employees can show off their children, pets, homes and creative hobbies; Support maternity/paternity leave for new parents (including adoptive and foster parents and/or other guardians); Offer "lunch and learns" for employees wanting to learn more about child development or converse with fellow parents; Sponsor a day of service for all employees to volunteer with programs working to strengthen families; Involve your business in community events



How Businesses Can Help Now

Make family friendly spaces or activities at your establishment; Offer to help load groceries into the car for a parent with kids; Hang fliers in your office and throughout the community about events and/or helpful resources for parents and families; Smile and lend a helping hand to customers who are having a tough time with their children; Notice positive parenting moments and compliment parents; Say hello to children and offer them a high five / fist bump; Be kind to parents with kids in your establishment, especially when one of their children is melting down; Organize a fundraiser to support local nonprofits serving families; Help a parent who is juggling kids and suitcases on an airplane



How Faith Communities Can Help Now

Remind parents it's okay not to know how to do everything; Learn the signs for postpartum depression and how to help; Share articles, tips and/or resources in newsletters about coping with parenting challenges; Offer financial support or goods to families who are struggling; Encourage and support parents in getting involved and increasing their connections; Make it a tradition to bring new parents meals to help make the transition to parenthood easier; Train staff to create safe environments for children; Offer space for parenting classes or support groups; Get involved in developing the missing services needed by children and families in your community; Support youth who are leaving the foster care system; Become a mentor for a young mother or father; Conduct a parenting book drive for the local library; Host family friendly events

