

STRENGTHENING FAMILIES NURTURING CHILDREN

City of New Haven Health Department
2010

April

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We can...

Support each other:

- * talk to other parents
- * attend a parenting workshop
- * nurture yourself
- * share resources
- * help create a safe and nurturing home

Take time to be with a child:

- * spend time reading to a child,
- * take the child to the playground,
- * check out the library programs
- * Allow mom and dad to have some free time by offering to spend time with the child

Check it out at the
LIBRARY!



April is **National Child Abuse and Neglect Prevention Month**. This month and throughout the year, The City of New Haven's Department of Health encourages all individuals and organizations to play a role in making New Haven a better place for families.

By strengthening families and communities, we can help prevent child abuse and neglect. Working as a community we can ensure parents and guardians have the knowledge, skills, and resources they need to care for their children.

City of New Haven

*Dr. Chisara N. Asomugha, Acting Director of Health
John DeStefano, Jr., Mayor*

→ TAKE 5 for POSITIVE PARENTING

Being a parent is one of the most rewarding - and challenging - jobs of our lives

When the stress and exhaustion of parenting becomes overwhelming:

- * Take five deep breaths.
- * Take five steps back.
- * Take five minutes to check out where you can get help.
- * Make a five minute phone call to ask for the support you need.



Because five minutes could change your life and your child's life for the better.

VIDEO - http://www.take5parenting.com/videos/psa_wmv.html

OTHER Take 5 resources - <http://www.take5parenting.com>

→ Helpful Resource Guide - Spanish & English

"2010 Strengthening Families and Communities Resource Guide" is available in Spanish and English. It can be found at:
[Child Welfare Information Gateway](#)

→ [text4baby](#)

You will find tip sheets, resources, and more parenting information at the [New Haven Free Public Library](#)

More Quick Links

[City of New Haven](#)

[Safe Kids](#)

FIVE WAYS TO BUILD STRONG FAMILIES AND PREVENT CHILD ABUSE & NEGLECT

- Nurturing and attachment- Building close bonds with their children helps parents better understand, respond to and talk with their children
- Knowledge of parenting and of child and youth development - Parents who learn what to look for at each age of development can help their children reach their full potential
- Parental strength and problem solving skills - Recognizing the signs of stress and learning ways to solve problems build their ability to cope
- Social connections - Parents with a large extended family, a network of friends and neighbors have better support in times of need
- Concrete support for parents- Parents and caregivers who have access to housing, food and other necessary support and services that help them meet their basic needs, can better focus on their role as parents



Get **FREE** messages each week on your cell phone to help you through your pregnancy and your baby's first year.

Registration is easy and can be done online or from your cell phone. Simply text the word **BABY** (or **BEBE** for Spanish) to 511411. Once you are registered you will start receiving free messages with tips for your pregnancy and caring for your baby. These messages are timed to your due date or your baby's birth date.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition. For more information: <http://www.text4baby.org/>



FREE Parenting Groups and Workshops!

Time: 5:00 - 7:00pm

Location: see below

Dinner and childcare provided

"Parenting: It's hard work"

A weekly group for parents with children from birth to five every Tuesday at Wexler Grant School. Contact Debbie at 946.7026 Sponsored by the City of New Haven Nurturing Families Network

The Early Childhood Council is sponsoring the following workshops:

Wednesday, April 7th

TOPIC: How to Boost your Child's Self Esteem 10-Fold!

Facilitator: Doug Edwards

Location: Columbus School

Wednesday, April 14th

TOPIC: Down to Earth Parenting Advice for Child Discipline

Facilitator: Doug Edwards

Location: Wexler Grant School

Wednesday, April 21st

TOPIC: Down to Earth Parenting Advice for Child Discipline

Facilitator: Doug Edwards

Location: LULAC, Cedar St

Monday April 26th

TOPIC: Develop Strong Language Skills in your Child and Create a Reader!

Facilitator: Sandy Malmquist

Location: Wexler Grant School

Wednesday, April 28th

TOPIC: Down to Earth Parenting Advice for Child Discipline

Facilitator: Doug Edwards

Location: Early Childhood Learning Center

Contact Kathy at 203.946.5754

Maternal and Child Health Division - Nurturing Families Network Program Newsletter

Take 5 is an initiative of the Children's Trust Fund. The Children's Trust Fund and Nurturing Families Network are funded through the Department of Social Services