April Is Child Abuse Awareness Month

Preventing Child Abuse and Neglect

Despite the statistics, child abuse and neglect are preventable. State and local governments, community organizations, and private citizens take action every day to protect children. You can help, too.

Protective factors are assets in families and communities that increase the health and well-being of children and families. Protective factors help parents who might be at greater risk of abusing or neglecting their children to use resources, supports, or coping strategies that allow them to parent effectively, even under stress. Focusing on family strengths allows parents to build resilience, develop parental skills, and gain knowledge of resources that can decrease exposure to risks. The following six protective factors can lower the risk of child abuse and neglect:

Nurturing and attachment. When parents and children feel compassion and warmth for each other, parents are better able to provide positive parenting, as well as support the healthy physical, social, and emotional development of their children. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/nurture-attach/]

Knowledge of parenting and of child and youth development. Parents who understand developmental milestones and how children grow can provide an environment where children can live up to their potential. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/knowledge/]

Parental resilience. Parents who are emotionally resilient have a positive attitude, are creative problem solvers, effectively address challenges, and less often direct anger and frustration toward their children. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/resilience/]

Social connections. Trusted and caring family friends provide emotional support to parents by offering them encouragement and assistance as they face the daily challenges of raising a family. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/social-connect/]

Concrete supports for parents. Parents who can provide basic resources, such as food, clothing, housing, transportation, and access to essential services like child care and physical and mental health care, are better able to ensure the health and well-being of their children. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/concretesupports/]

Social and emotional competence of children. Parents who instill in their children the ability to positively interact with others, control their behaviors, and communicate their feelings are more likely to raise children who have positive relationships with family, friends, and peers. Children without these skills may be at greater risk for abuse. [https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/competence/]
Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals. Follow these five steps every time.

**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

**Rinse** your hands well under clean, running water.

**Dry** your hands using a clean towel or air dry them.

Content source: Centers for Disease Control and Prevention

Together For Children Offering Play Labs

PLAY LAB! We've carved out a time and a place to protect our children's right to PLAY. With access to open-ended materials, they can tinker, bang, level, bounce, scoop and REVEL! Children 5 and under are welcome to join us. Within a group setting they can learn how to be together. We encourage parents to observe the wondrment and only step in if health, safety or damaging property is in question. An early childhood educator is on hand to help things flow. She is also available as a resource for all of those parenting concerns you have. Come join our supportive community!! To schedule a play lab call or for more information call: 541-420-2611

**Tuesday 10:30-11:30 @ Love Bird Yoga in Redmond**

**Tuesday 1:30-2:30 @ Tula Movement Arts in Bend**

**Friday 10:00-11:15 @ Sisters Parks and Recreation in Sisters**

Healthy Beginnings

2020 Free Child Health & Development Screenings
Ages Birth through Five
04/11/2020 Madras 06/05/2020 Bend
06/19/2020 La Pine
Call 541-383-6357 or visit myhb.org for an appointment.
Hablamos Español

Inclusive Partners

“A PROCESS, NOT A PLACE”
CONTACT JASMIN JOHNSON
541-323-6511
JASMINE@NEIGHBORIMPACT.ORG

Struggling with your mortgage payments?
NeighborImpact offers professional housing counseling services to homeowners in Central Oregon. If you're feeling financially stretched, take advantage of our financial and services. If you've missed a house payment, or you are worried you are going to, call for help today!
541-323-6567
neighborimpact.org/PP1

Struggling with Child Care Payments?

See if you qualify for Employment Related Day Care through the Department of Human Services. These offices also handle Food Stamps, Oregon Health Plan and cash assistance programs.

Crook County- 541-447-3260 Jefferson County- 541-475-6131 Bend- 541-388-6010 Redmond- 541-548-5547
Online: aix-xweb1p.state.or.us/caf-xweb/ERDC