

Tips for Thriving Families

Tips for Parents/Caregivers:

1. Have fun with your teens online! Find positive outlets or activities to keep your family engaged together.
2. Find a parent support group or start one in your community!
3. Ask other parents for help if you need it and offer help to other parents when you can!
4. Take 15 minutes out of each day to really check in with your child
5. Spend quality time with your child by reading a book together.
6. Be a role model for your child by showing them how to respect others by listening to them without interrupting.
7. Parents and caregivers make time for yourself to decompress each day.
8. As a parent it's okay to rely on others for help when you need it!

Tips for Extended Family:

1. Take the grandkids for a long weekend to give mom and dad a break.
2. Be a fun uncle or aunt! Spend time with your nieces and nephews.
3. Spend time with your younger family members, they'll remember it forever!
4. Take time to get to know your younger cousins, nieces, nephews, and siblings by asking them what made them laugh today!
5. Lend an ear to the parents in your family.
6. Support your grown children by reminding them that they're good parents.

Tips for Friends and Neighbors:

1. Visit a neighbor with kids to see how they're doing and if you can grab anything for them while you're at the store!
2. Create your village by introduce yourself to the other families in your neighborhood!
3. The best way to support a family you know is by asking 'How can I help?'
4. If babysitting isn't your thing you can still help parents by running an errand or helping around the house.
5. Take the time to ask a child in your life about their hopes and dreams.

Tips for Childcare Professionals:

1. Teachers are an invaluable support for families and can help children thrive by staying connected to their parents.
2. Help the children you work with feel safe and comfortable when you're together.
3. Connect parents to resources that can help them and their children.
4. As a professional consider how your org can help children and families in your community!
5. Be patient with the children you work with, it'll make a big difference.

Tips for All Audiences:

1. Compliment a child in your life to let them know how special they are.
2. Be sure to remind the child in your life that you're proud of them.
3. Encourage a parent! Something as small as saying "we've been there" or "you've got this" to a mom with a toddler during a tantrum can help.
4. Remind parents they're doing a good job!
5. Volunteer to be a mentor to a child in your community!
6. Spend time with the children in your life by volunteering for a cause together.

Resources:

- [GetParentingTips.com](https://www.getparentingtips.com)
- [Child Abuse Prevention Month Resources](#)
- [NCAPM Outreach Toolkit](#)
- [TCCWB Go Blue Day](#)

Hashtags:

#ChildAbusePreventionMonth #CAPM #ThrivingFamilies #PreventionMatters

