

Everyone plays a role in keeping children safe and families strong

How many times have you been in public (like the grocery store or restaurant) and witnessed a “difficult” interaction between a parent and child? Here are some suggestions that might help you support that family:

Offer sympathy and help

Sometimes a parent’s anger is fueled by embarrassment at the fuss the child is making. Say something like: *“It’s a lot of work to shop with a toddler. I remember how difficult it was when my child was that age. Is there anything I can do to help?”*

Be positive

Disapproval may increase a parent’s anger and make matters worse. If someone else is clearly disapproving, it is more helpful for you to step in and be an obvious ally to the parent by offering a kind remark or help.

Take action

Alert the store manager (or some other official) if you are concerned about a child’s safety.



This brochure has been provided by the New Hampshire Children’s Trust Fund. NHCTF sponsors primary prevention initiatives by funding, monitoring, and evaluating family support programs across New Hampshire. To learn more contact us at **603.224.1279**, info@nhctf.org, or our website www.nhctf.org.

The information in this brochure has been adopted from best practices to support children and families. It is intended to help parents, caregivers, and community members, who all have a role in keeping children safe and families strong.

For more information about parenting support programs:

New Hampshire Children’s Trust Fund
www.nhctf.org

Family Support New Hampshire
www.fsnh.org

Other resources:

Family Resource Connection of the NH State Library 1.800.298.4321 www.nh.gov/nhsl/frc

Division for Children, Youth & Families
To report suspected child abuse or neglect call:
1.800.894.5533

Care for Kids:



Everyone can help



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and



20 Ways to Say “I Love You” to Your Child

Listen! Listen! Listen!

Say, “*I’m proud of you.*”

Welcome your child’s friends.

Set boundaries that keep them safe.

Acknowledge their feelings.

Give clear expectations.

Say, “*I’m sorry*” when wrong.

Hug often.

Explain why you are angry.

Catch your child being good.

Do things they like together.

Praise more; criticize less.

Implement consequences consistently.

Make free time.

Allow mistakes.

Be excited when you see them.

Create a tradition with them, and keep it.

Keep the promises you make.

Let them act their age.

Say “*I love you*” everyday!

Tips to Reduce Parenting Stress

Breathe. Take a deep breath. Then remember you are the adult.

Visualize. Close your eyes and imagine you are hearing what your child is about to hear.

Count. Press your lips together and count to 20. Or better yet...50.

Give your child time and space to cool off. Let your child know that when she is out of control she’ll be asked to go to her room. Quietly playing is okay; screaming or pounding the door is not.

Time out for you. Remove yourself from the situation. Say, “*I need some time alone.*” Think about why you are upset. Is it your child? Or is your child simply a convenient target?

Connect. Phone a friend. Talk to a friendly neighbor.

Take a break. If someone can watch the children, go outside and take a walk.

Nurture yourself. Take a bubble bath. Join a book club or take a yoga class. Turn on your favorite music.

Build a Support Network For Families

We all have a role to play in building strong communities where individuals, children, and families are valued and supported.

Develop relationships with your neighbors and their children.

Help a family under stress. Offer to watch their children, make them a meal, or suggest community resources.

Get to know your children’s friends and their parents. Set up playdates for the children and invite the parents for coffee.

Establish a regular potluck supper in your neighborhood.

Take children to local libraries, farms, museums, and parks.

Join a parenting support group or go to a one-night workshop on an interesting topic.

Communicate with childcare or school staff. Get involved with the school.