

## Strong Families

**Most families want caring relationships—and there are universal things that can help build strengths.**

- ✓ Notice what happens in your body when you are feeling upset, out of control, or angry.
- ✓ Do something to help you pause and slow down.
- ✓ Go for a walk, splash cold water on your face, take deep breaths, treat yourself kindly as you offer compassion toward others.

**Find a support within your community, friends, family.**

## Strong Kids

**There are simple things you can do to help support your child to heal and grow:**

- ✓ Have fun with them and show them they are special.
- ✓ Show and tell them that you love them.
- ✓ Calm voices, calm hands, hugs, and cuddling helps them.
- ✓ Let them know that whatever is happening is not their fault.
- ✓ Celebrate one positive thing you do with your child every day.

## Helping Another Parent

**Everyone struggles with parenting and relationships at one time or another.**

- ✓ Connecting with other parents can help make a difference.
- ✓ Let them know they aren't alone.
- ✓ Pass it on: "Hey, I've been there too. Someone gave this card to me and it gave me ideas about how to reach out for support."

**When we help others it helps us too!**



2-1-1 is a 24/7 confidential referral system to get connected to—food banks, substance use, mental health, parenting supports, childcare and help with relationships.

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Every parent needs support at some point.

Scan this code for more resources.



**NATIONAL PARENT HELPLINE** is staffed with trained advocates who offer nonjudgmental support and advice when you need it.

**PHONE: 855-427-2736**

**<https://nationalparenthelpline.org>**

**NATIONAL DOMESTIC VIOLENCE HOTLINE** has anonymous 24/7 help --for both people who are being hurt --and for those who cause hurt.

**[www.Thehotline.org](http://www.Thehotline.org) 1-800-799-SAFE**

**Text "Start" to 88788 TTY 1-800-787-3224**



**Connected Parents, Connected Kids**

## You Matter

**As a caregiver of kids, you want the best for them. Maybe that's a big change from how you or your kids were treated in the past.**

- ✓ Everyone is worthy of hope, respect, support and kindness.
- ✓ Parenting can be lonely.
- ✓ Everyone deserves someone to talk to about parenting and relationships.

**It's ok to ask for help!**



## Building Trust

**If systems have broken your trust in the past, they may be hard to trust now.**

- ✓ Answering questions or sharing something is always your choice.
- ✓ You have the right to get information on how to get support for you and your family, including help for mental health, substance use and if people feel unsafe, or need help.

**We believe trust is something to be earned.**

## Difficult Childhoods

**Many people (about one in four) grew up in homes where there was mistreatment or other problems.**

- ✓ Maybe someone was hurting you or someone you love.
- ✓ Maybe you were worried about where you would live or having enough food to eat.
- ✓ Maybe your caregiver couldn't care for you the way they wanted to.

**No one should have things like this happen. Healing and wholeness are possible.**

## Complicated Relationships

**Sometimes people hurt us—could be parents, partners, or others who do this.**

- ✓ Sometimes we don't get support for ourselves, or support with parenting from the people we want it from the most.
- ✓ Sometimes we don't get to make decisions about money or the way we are treated physically or mentally.
- ✓ Sometimes hurting others or being hurt yourself makes people feel ashamed or afraid they can't change.

**No relationship is perfect, sometimes we need help. We all deserve to live without fear.**

## Health Effects and Hope

**Harmful experiences in childhood and adulthood can increase health issues such as:**

- ✓ Asthma, chronic pain, diabetes
- ✓ Smoking, drinking, prescription and street drug abuse
- ✓ Stress, anxiety, depression, suicide
- ✓ Relationships where you're being hurt or hurting your partner

**But that's not the end of the story—there is growing community support, national hotlines/warmlines, and individual support.**

