

To report suspected
child abuse of neglect
please call
1-800-842-2288

APRIL IS CHILD ABUSE PREVENTION MONTH

BRINGING THE CHILDREN OF
CONNECTICUT HOPE AND POSSIBILITIES

What Can I Do?

Be a Better Parent

- ◆ Recognize that you are the most important person in your child's life.
- ◆ What you say to your children and how you treat them determines how they act and how they feel about themselves.
- ◆ Laugh with your child every day.
- ◆ Take time out for yourself.
- ◆ If you think you need help, you're not alone. Take the first step. Reach out for help.

Help and Support Other Parents

- ◆ If you know a parent who is under stress, offer him or her a break. Take care of their children for a while so the parent can calm down.
- ◆ Establish a parent support group, or volunteer to work with an existing program.

Know the Resources in Your Community

- ◆ Domestic violence, drug and alcohol abuse, mental illness, isolation, and other issues all impact children and their families. Know where to go for help and connect others to these services.
- ◆ Encourage your local school, community center or religious organization to participate in Covenant to Care for Children programs serving neglected, abused and at-risk youth.
- ◆ Learn more about preventing child abuse and about the agencies, like Covenant to Care for Children, in your community that support children and families.

Advocate for Children and Youth

- ◆ Sponsor your faith-based community in joining Covenant to Care for Children's Prayer for the Strength to Break the Cycle weekend.
- ◆ Talk with local leaders, visit your legislators, write letters to the editor, talk with business owners regarding issues that impact children. For example, expanding Covenant to Care for Children's and other healthy families programs, starting after school programs, or increasing funding for early childhood programs, just to name a few!



Helping Connecticut's Children in Need.

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OF NEGLECT PLEASE CALL
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To learn more or make a donation:

Visit: www.covenanttocare.org

Call:

1-860-243-1806

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Bloomfield, CT 06002-5003

To Learn More Visit
www.covenanttocare.org
Inspire Change...It's Time!