

2017 Child Abuse Prevention Month Toolkit

GetInvolvedLaneCounty.org

#LaneCAPM

**Here's
what's
happening
in April
for Child
Abuse
Prevention
Month!**

Pinwheels for Prevention

Pinwheels for Prevention is a nationwide public awareness campaign created by Prevent Child Abuse America (PCAA) and its state chapters. More than just an awareness campaign, the goal of Pinwheels for Prevention is to engage people in taking action to prevent abuse and neglect from happening in the first place. Your agency or group may want to consider using Pinwheels for Prevention as symbols of change, acknowledging how parenting has evolved over the years as a result of changes in social, cultural and demographic trends in families. To order your own pinwheels through Children's Trust Fund of Oregon, click [here](#). To set up an indoor/outdoor pinwheel garden, contact Wendy at [Parenting Now!](#)



Blue Friday/Blue Sunday

On Friday, April 21, individuals and organizations across Lane County will band together to make a visible commitment to prevent child abuse and support strong families and healthy children. Promote the well being of all children by participating in Wear Blue Lane County. Show your support for Lane County's children and the importance of preventing child abuse and neglect by wearing the color blue. Invite your friends, family and coworkers to join you. Take a photo and post to your favorite social media site with the hashtag #WearblueLC

Register your congregation! Join churches and faith communities across the nation as they take the time in their morning service to pray for the victims of child abuse and those that rescue them. It's that simple. There is no cost to join and no fees to participate. All we ask is that you register so that we can monitor the growth of this campaign and its effectiveness. Your organization can take the lead in making a difference in child abuse prevention efforts. Please register at www.bluesunday.org.

Take Back the Night

This year CAPM is partnering with [Take Back The Night](#) — a rally, march, and speak out aimed to raise awareness about the realities of sexual violence while supporting survivors. Join us at the rally to support SASS, while raising awareness about child abuse prevention too. Don't forget to wear teal for sexual assault survivors and blue for child abuse and neglect!



It Takes a Village – Support a Parent

Here's
a list of
resources
for parents
in Lane
County —
pass this
on to a
parent you
know!

Family Check-Up

Evidence- and strength-based family assessment to look at family functioning. This program consists of three 90-minute sessions. Children attend the 2nd session only. Parents receive \$150 in gift cards for attending all three sessions. This service is available for Members of Trillium Community Health Plan.

Call (541) 682-3962 to schedule an appointment.



Triple P — Positive Parenting Program

Triple P Online (TPOL) is an online learning program made up of sections, designed for parents of children up to 12 years of age. If your children are between the ages of 2 and 12, this program is a great fit for you!

To sign up visit LaneKids.org/TripleP or call (541) 741-6000.



Children Do Come With Directions: A Guide for Parents

Children Do Come With Directions: A Guide for Parents provides basic information about your child's health, development, and safety, and includes information on childcare.

To view, visit LaneKids.org/Community-Resources.



Vroom

Vroom is an app that was created to help you make the most of the moments you already share with your child and to support you on your brain building journey. It is based on the latest early brain development research and was designed to layer onto your existing routines.

Download the Vroom App on any smartphone or tablet device for free.



Family Resource Centers

There are eleven Family Resource Centers (FRCs) housed within school districts throughout Lane County. FRCs refer families to resources, provide basic needs supplies like food, clothing, and diapers, help families navigate the public school system, and provide parenting programming like Raising A Reader, Story-Times, and LaneKids Parenting Education.

For FRC contact information visit: LaneKids.org/Family-Resource-Centers.



Parenting Now! Resource Poster

A comprehensive list of resource and service agencies for families in Lane County.

For hard copies of the poster call Parenting Now! at (541) 484-5316.



www.lanekids.org

LaneKids.org is Lane County's one stop shop for parents. Access all of these resources and more, including a local events calendar, and parenting blogs.



It Takes a Village – Support a Parent

Here's a
list of ways
YOU can
support a
parent!

Ways to Support a Parent

- ◆ To decrease feelings of isolation, get to know the families in your neighborhood. Call or stop by for friendly conversation or to see if they need support.
- ◆ Offer to babysit so that the parents can have a night out or simply get caught up on chores or "to dos." If you have kids yourself, create a schedule so that you and another family can take turns babysitting for each other.
- ◆ If you are taking your child to an event or practice, check-in with other parents to see if a carpool can be set up.
- ◆ Did one of your co-workers take a sick day? Check in with them to see if they need anything. Do their kids need a ride home from school or to an extracurricular?
- ◆ If you notice a parent at the store or on the bus that is stressed out, offer to carry something for them or help them with their things.
- ◆ Listen. Often times parents just need to vent to someone who won't judge them.
- ◆ Be forgiving. Sometimes parents experience unforeseen circumstances with their children. If a parent shows up late or cancels on a commitment, give them the benefit of the doubt.
- ◆ Volunteer for a local agency that provides resources or support for families. Find volunteer opportunities at <https://volunteer.truist.com/uwlane/volunteer/>

The Planning Committee for Child Abuse Prevention Month
is a Collaboration of the Following Agencies:



It Takes a Village – Support a Parent