

CHILD ABUSE PREVENTION MONTH - APRIL 2022 CAMPAIGN



RESILIENCE IS WHAT MAKES YOUR FAMILY STRONG!

Being a parent/caregiver can be stressful – everyone struggles...

- Managing schedules for meals, activities, work, school, and sleep
- Routines disrupted by illness, loss, or challenging behaviors
- Feeling like you don't have enough money, food, safe housing, or transportation
- Trying to balance needs for healthcare, home care, childcare, elder care, community care
- Feeling isolated, like no one understands your needs or has the same challenges
- Feeling overwhelmed by responsibilities
- Feeling like you are the only glue that holds your family together
- Judging yourself or feeling judged by others
- Having no time or energy to care for yourself or make meaningful connections with others

Seven wellness practices can reduce stress and strengthen resilience:



Quality Sleep

- Do the same bedtime activities each day
- Turn off screens and turn down lights
- Take a warm bath or shower
- Relax with gentle stretches
- Change into bedtime clothes
- Share stories and happy thoughts
- Sing a quiet song together
- Say a bedtime prayer
- Keep bedtimes and wake-up times consistent

Balanced Nutrition

- Eat together as a family
- Drink water with each meal and snack
- Enjoy a healthy breakfast
- Include colorful fruits and vegetables
- Offer whole grains
- Serve healthy protein
- Get children involved
- Visit the farmers' market
- Utilize community resources for healthy food
- Invite children to plan and prepare meals with you
- Plant a community garden
- Celebrate traditions with special meals

Physical Activity

- Turn off screens
- Plan ahead for play
- Provide active toys
- Turn on the radio and dance together
- Play soccer with your children

Mindfulness Practices

- Pay attention to the present moment
- Be aware of thoughts, feelings, sensations
- Tune in to what is happening around you
- Pay attention to details as you move through the day
- Practice belly breathing
- Take a deep breath
- Say a prayer

Experiencing Nature

- Take a walk with your child
- Notice birds, bugs, flowers and trees
- Take the family to a park and explore with all senses
- Notice the weather and the changing of seasons
- Take off your shoes and feel the earth
- Create art from nature

Mental Healthcare

- Recognize stress
- Think about or do something that brings you joy
- Move your body
- Play music to lift your mood
- Talk it out with a friend or family member
- Reach out to your faith community
- Share your worries with someone you trust and ask for help
- Seek supportive community services

Supportive Relationships

- Connect with people who share your values and interests
- Stay connected to family members in other places
- Reach out to people who know how to help
- Give and receive – ask for help when you need it
- Treat everyone with respect
- Prioritize physical and emotional safety
- Participate in a parenting workshop.
- Share thoughts and feelings with people you trust

RESILIENCE IS WHAT MAKES YOUR FAMILY STRONG!

- Being connected to your community
- Balancing hard times with things that bring you joy
- Staying calm and managing stress
- Learning from your children
- Protecting and supporting each other
- Asking for help
- Learning from experiences – especially the challenging ones
- Focusing on what is most important when there is a crisis
- Responding rather than reacting to unexpected changes
- Caring for yourself so you can be strong for others
- Being open to new things