

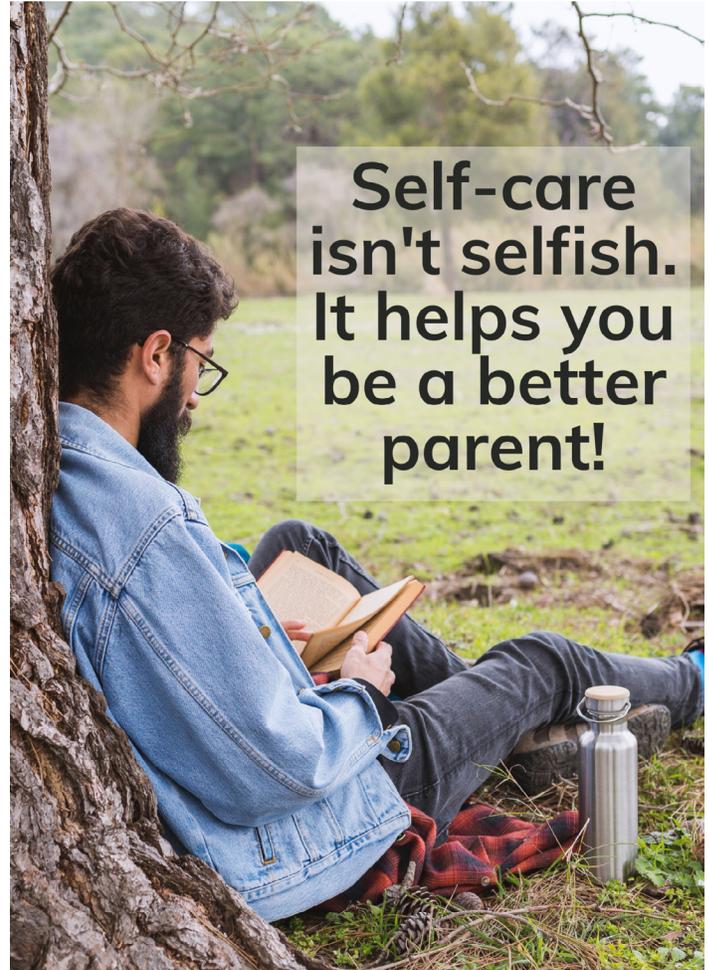
Tips and Resources for Child Abuse Prevention

April is National Child Abuse Prevention Month, and Pollywog knows that healthy families and prepared parents don't just happen. They are created by your efforts! This month we share tips and resources to help parents and caregivers manage their stress and get support to help prevent child abuse.

It's no secret that parenting is a tough job and too much stress can make it harder. The [CDC reports](#) that when parents are stressed, their children are at an increased risk of abuse or neglect.

What can you do? Self-care can play an important role in managing your stress! Here are some self-care activities ideas. Which one will you try this week?

- **Take a walk.** A simple 10-to-15-minute walk can help you relax and clear your mind.
- **Eat well. Drink well. Sleep well.** Everyone knows they should, but it can be hard to make it a habit. Add one glass of water and a nutritious snack to your day. Go to bed 30 minutes early or take a nap.
- **Have adult conversations.** Sometimes it's as simple as having another adult to talk to about your stress. It can be especially helpful to connect with other parents dealing with the same things you are.
- **Get outside.** Step outside and take a deep breath. Try to get outside time (with or without your kids) daily.



Self-care isn't selfish. It helps you be a better parent!

- **Do something creative.** Take a bit of time to do something fun that engages your mind. Draw, work on a puzzle, sing, etc.
- **Stay connected.** Reach out to your friends and family who can provide emotional support and practical help.
- **Take some quiet time.** Make time every day for prayer, meditation, muscle relaxation, or breathing exercises. Silence can help decrease stress and increase your sense of peace

Self-care looks different for everyone, and finding what you need and enjoy is essential. It may take trial and error to discover what works best for you. But taking time for yourself can help you be a better parent.

Family Support & Child Abuse Prevention in your Community

Healthy Families Home Visiting Program

Parenting can be so stressful! There are so many tips online. How do I know which one is right? What is “normal” for my baby to be doing at this stage in their life? When should I feed my baby solids? Where should my baby be sleeping? These are all questions a Healthy Families home visitor can help you with!

Healthy Families is a home-visiting program that supports positive parenting skills and healthy growth and development for all parents and their newly born children. Families enroll in Healthy Families while they are expecting or have a newborn, and parents can stay in the program until the child is three years of age. We will walk with you every step of the way! We can help reduce parent stress in many ways: breaking down your parenting dreams and wishes into goals, helping you connect with community resources, providing fun activities for you and your children to do at home, and giving you the most recent information on child development and parenting. Most importantly, we tailor every home visit to your family’s needs.

Healthy Families is here for you! We can help you decide what is best for your baby, give you the most up-to-date information, connect you with community resources, help you with basic family needs, find fun activities to do with your family, and much more.

Are you interested in home visits with us? Fill out the Online Referral Form in the big orange bubble for a staff member to call you! <https://www.oldmillcenter.org/programs-services/healthy-families/>



The Healthy Families program provides in-home support to eligible parents in Benton and Linn Counties. Parents receive the support they need to give their children a great start in life. From positive parenting skills to connections to community resources, we help families thrive.

A Home Visitor is someone trained to work with families adjusting to parenting.

Home Visitors help families by:

- Sharing tips on calming and feeding your baby and making your home safe
- Offering information and activities for all your baby's ages and stages
- Connecting you with needed support and resources



Learn more or schedule a visit by calling 541-757-8068 or visiting www.oldmillcenter.org/programs-services/healthy-families

ABC House

ABC House is the local nonprofit Children's Advocacy Center serving Linn and Benton Counties. They provide high-quality child abuse assessment and support services for children and youth when there are concerns of abuse or neglect, as well as family support and referrals, trauma-informed counseling, and community education.



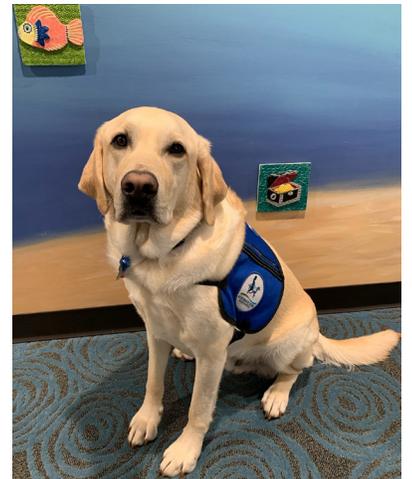
When a child is referred to ABC House, they may participate in a child abuse assessment which involves a head-to-toe medical exam, a forensic interview, and family support and referrals. ABC House's medical providers are specialized in recognizing and treating signs of abuse. Forensic interviewers are professionals trained in child development and talking with children using age-appropriate and legally-sound methods. Their team of support advocates help families to identify other needs, such as counseling, domestic violence, or housing concerns, and help them get connected to other local organizations to help meet these needs.



Children aged two and older and their safe family members work with counselors specialized in trauma treatment to help children process what has happened to them and move forward. Children learn ways to help them manage their fear or feelings of being out of control when remembering abusive events and to focus

on their strengths and abilities. Parents and caregivers also learn skills to help their children deal with abuse memories and strengthen parent-child relationships.

Xander is ABC House's Facility Dog. His job is to provide emotional support and comfort for children and families going through the assessment process. Xander often greets families in the waiting areas, offering a fun distraction from the anxiety a family might feel. His most used cue is "snuggle," but he also enjoys "say hello" and "visit," as he'd love to greet every passerby if time allowed.



ABC House believes that prevention education is the key to ending abuse. They offer presentations for K-12 students, as well as training for adults, caregivers, and youth-serving professionals. Training is



always free of charge and can be provided in-person or online and in English or Spanish. They offer training that is open to the public as well as private training for groups, organizations, and businesses. Some training topics include child abuse and neglect awareness, internet safety, personal safety and boundaries, bystander intervention, mandatory reporting, and more. All of this education is offered to community members totally free of charge! To learn more or schedule a training from ABC House, email info@abchouse.org or visit their website abchouse.org/training.



Parent Newsletter
April 2022

Relief Nurseries in Linn, Benton, and Lincoln Counties

Parenting can be a challenge for anyone! It is hard to parent on a good day, and when a family is experiencing high stress and a lack of support, parenting is made even more difficult.

Relief Nurseries work to strengthen at-risk families and promote the health and safety of children by offering a range of services that support children, parents, and the whole family. All Relief Nursery services are voluntary and provided at no charge to eligible families.

Relief Nurseries offer:



Therapeutic Early Childhood Program
Therapeutic classrooms provide an opportunity for children ages 0-5 years to learn and develop with the support of highly trained staff. Teachers help children learn that they can solve problems, regulate their feelings,

Relief Nurseries

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Safe & Sound

Developed by [KIDS Center](#) and [Protect Our Children](#), Safe & Sound gives adults proven tools to keep kids safe. Safe & Sound covers topics such as: talking to kids about consent, protecting your child online, spotting the signs of abuse, and minimizing opportunities for abuse to occur. The more you know, the safer your child will be. Sign up at www.kidscenter.org/safe-and-sound.

Three weeks of tips for a safer childhood.

Sign up for **Safe & Sound**—it's free!— and learn how you can protect your child from abuse.



Safe & Sound is an **easy 21-day program for parents, grandparents and caregivers**. It takes just minutes a day! Simply sign up online and watch your inbox for daily activities designed to safeguard your child and strengthen your bond.

Safe & Sound starts April 3!

Register at kidscenter.org/safe-and-sound

SIGN UP TODAY



KIDS Center leads Central Oregon's response to child abuse. Join us and protect children in your community. [Learn more at kidscenter.org](http://www.kidscenter.org)



Keep Oregon's Children Safe

Oregon Child Abuse Hotline
1-855-503-SAFE (7233)



You can help. Immediately report any reasonable suspicion of child abuse. You do not have to prove abuse occurred.

The Oregon Child Abuse Hotline or law enforcement are available 24 hours a day, 7 days a week.

Mandatory reporters please refer to www.oregon.gov/dhs for more information about your duty to report.

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