

Safe communities Strong families Healthy children

Here's how you can make *your* family stronger:

- Spend quality time with your children. Talk with them...play with them!
- Spend time together as a family!
- Reach out to a parent in need of help.
- Volunteer to help a child!
- Know and support your child's strengths.
- Encourage positive behavior through praise.
- Prevent stress by communicating with family and friends. Take care of yourself!
- Join a parent's group or play group in the neighborhood.
- Learn about all available community resources.

For more information, please visit www.jfs.ohio.gov/OCTF/



GO BLUE FOR KIDS!

These 5 things keep families strong and children safe:

Nurturing and attachment—

Building a close bond helps parents better understand, respond to, and communicate with their children.

Knowledge of parenting and of child development—Parents who take the time to learn these things have more realistic expectations for their children, and are much more effective as parents. They're also more effective at helping their children reach their potential.

Parental resilience—Recognizing the signs of stress and knowing what to do about it can help parents build their capacity to cope. They'll be better able to deal with stress on a daily basis, and better able to problem-solve.

Social connections—Parents with an extensive network of family, friends, and neighbors have better support in times of needs.

Concrete supports for parents—Caregivers with access to financial, housing and other resources can better attend to their role as parents. Find out what resources are available in your community.

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