



Child Abuse Prevention Month

April is National Child Abuse Prevention month, which is a time for communities to rally together to build caring connections, supportive environments, and positive experiences for children and families. The Office of Child Abuse Prevention encourages everyone to

support children in their communities by prioritizing families in California.

During the month of April and throughout the year, we encourage you to support organizations that provide services to families with the goal of preventing child abuse and neglect.

Let's work towards a California where no child is harmed by abuse and neglect. It takes community-minded individuals across the state to stand up for families and create environments where they can thrive.



April is National Child Abuse Prevention Month

*A Community in Unity will prevent child abuse.
Volunteer, Speak Up, Reach Out.*



CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

The Office of Child Abuse Prevention

744 P Street | Sacramento, CA 95814

916.651.6960

<http://www.cdss.ca.gov/inforesources/OCAP/CAP-Month>



Strengthening Families Framework

We know child maltreatment is a preventable problem. The Strengthening Families Framework increases family strengths, enhances child development, and reduces the likelihood of child abuse and neglect by building five key Protective

Factors, which are conditions in families and communities that increase the health and well-being of families and help parents find resources, support, or coping strategies that allow them to parent effectively.

THE FIVE PROTECTIVE FACTORS:

1 Parental Resilience

Parental resilience is the ability to cope and bounce back from the challenges and stressors of everyday life. A parent's ability to cope effectively with the stressors of raising children can help secure emotional bonds and attachment between parent and child. Providing parents with positive coping strategies, or lending a hand to a parent in need, such as picking up a child if the parent is running late, can help alleviate stress.

2 Social Connections

Social connections are a vital resource in helping parents and caretakers build resilience. Parents and children benefit from social connections, which can include family, friends, neighbors, or any other member of the community, who can be called for help, provide a listening ear, or offer advice.

3 Knowledge of Parenting and Child Development

Research demonstrates a link between what parents know about parenting and child development and how they behave with their children. Parents with more knowledge are more likely to engage in positive parenting practices. Parents can increase their knowledge about parenting and child development by engaging with community organizations such as family resource centers, attending meetings at their child's school, or speaking with their child's doctor.

4 Concrete support in times of need

Concrete support can include access to healthy food, clean clothes, a safe environment, and healthcare. Assisting parents to identify, find and receive concrete support in times of need helps to ensure they and their family receive the necessities everyone deserves in order to grow.

5 Social and emotional competence of children

Parents support the social and emotional competence of children when they nurture the child's ability to experience, express, and manage emotions, communicate needs and establish positive and rewarding relationships. Caregivers and community members who model these skills can have a positive impact on the child's ability to maintain healthy relationships with family members, peers, and other adults.



Together, we can make a difference!

Preventing child abuse is a shared responsibility for all community members. Together, we can raise awareness and lower the risk factors of child maltreatment. Please join the effort to eliminate child abuse. You can make a difference by:

- ✓ Calling your local Family Resource Center to find out how you can help.
- ✓ Scheduling a weekly Zoom or Facetime call with friends and relatives to Increase social connections.
- ✓ Becoming a mentor for a child. Having a stable and caring adult presence can make a big difference!
- ✓ Starting a neighborhood watch for families to keep an eye out for another.
- ✓ Planting a pinwheel garden to raise awareness about the need to prevent child abuse. *(Pinwheels are the symbol for Child Abuse Prevention Month)*
- ✓ Attending a local government meeting to voice the needs of families.
- ✓ Promoting **#PassThePinwheel** and **#WearBlue4Kids** on social media.
- ✓ Offering to drop off dinner or grocery shop for a family. Parenting is hard work, and everyone deserves a helping hand now and then.
- ✓ Organizing a fundraiser or a food drive to support an organization that helps families.