

Keep Your Family Strong

Every family has strengths, and every family faces challenges. Having a network of caring family, friends, and neighbors can be helpful during tough times. Here are some ideas to build a strong network:

- Participate in neighborhood activities such as picnics or block parties.
- Make a play date with friends who have children the same age as yours.
- Find a church, temple, or mosque that welcomes and supports parents.
- Go to a nearby park with your kids; talk with other parents there.
- Look for a parent support group in your area or join one online.

April is National Child Abuse Prevention Month. Visit HelpandHope.org to learn about activities and programs in your community that support parents and promote healthy families.

Source: 2013 Resource Guide. Preventing Child Maltreatment and Promoting Well-Being: A Network for Action. U.S. Department of Health and Human Services.

