

# Cedar Valley Newsletter

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## APRIL IS.... Child Abuse Prevention Month

Here at Cedar Valley we believe it's important to support healthy development for children. Taking notice of April as Child Abuse Prevention month allows us time to bring awareness and talk about a difficult subject. There is a report of child abuse being made every 10 seconds and child abuse can lead to difficulties throughout a child's life. Parents and Caregivers can help children by creating a safe and secure relationship with their child. This can support children in preventing abuse and help children who have experienced abuse repair and heal. Fostering protective factors for your child encourages forming trusting relationships and positive behaviors.

### What can I do to help?

- Be a nurturing parent
- Help a friend, neighbor, or relative (being a parent isn't easy and everyone can use a break once in a while)
- Don't be afraid to take a grown-up time out
- Report suspected abuse or neglect
- Monitor what videos and games your child is exposed to



**Remember to wear  
blue this Friday  
April 3rd!**

### What do we mean when we say Protective Factors?

“Protective Factors” indicates anything that prevents or decreases the vulnerability of developing a disorder. These are things we learn; we are not born with them. Parents can help children learn a sense of resiliency through availability of the support and connection they provide and by utilizing healthy coping skills.

**S**trong connections. Build strong connections with your family and friends and help your child notice and consider other people's feelings.

**F**eel their feelings. Encourage your child to express their feelings.

**B**e consistent. If you say you'll be there, be there. If you say you'll listen, listen. This builds trust.

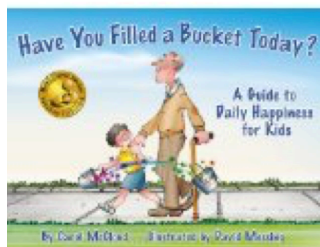
**B**e patient. Children's reactions to experiences can range; it isn't a one-size-fits-all solution.

**E**xpress love and support. Show your child love through words, notes, and hugs.

**H**ealthy behaviors. Have those conversations about eating healthy, taking care of their bodies, and drugs/alcohol.

### *Good Read*

#### **Have You Filled a Bucket Today?**



This book shows children how rewarding daily kindness, appreciation, and love can be. Also how our actions and words contribute to the well being of others and us. A wonderful bedtime book as well as a conversation starter.

### Featured Resource

Prevent Child Abuse Minnesota provides many resources for parents. They have local parent support groups called Circle of Parents, as well as Parent Leadership Training to help support the community. You can talk with PCAMN staff at 1-800-children for information, support, and referrals. Visit [pcamn.org](http://pcamn.org) for more information.

Information for this newsletter was adapted from [pcamn.org](http://pcamn.org) and [childwelfare.gov](http://childwelfare.gov)

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