

KEEPING YOUR FAMILY STRONG

BEING A PARENT IS PART NATURAL AND PART LEARNED.

Talk with other parents or take a class. There are excellent websites and podcasts with information about how your child is growing and behaving.

SHOW LOVE AND AFFECTION.

Hug your child every day and spend time talking and listening. Become involved in their activities.

TAKE TIME FOR YOURSELF.

Have friends you can talk to. Find time for yourself each day, for a cup of tea or to take a walk.

HELP YOUR CHILD GROW HAPPY AND STRONG.

Tell your child that everyone has problems and help them learn ways to handle obstacles. Talk with your child about how they are feeling.

THESE TIPS ARE
BROUGHT TO YOU BY:



EXCHANGE

THE NATIONAL EXCHANGE CLUB

**EXCHANGE, INSPIRING
COMMUNITIES TO BECOME BETTER
PLACES TO LIVE.**

The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign.

Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact

The National Exchange Club:

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Believe
in the
Blue

GET INVOLVED, FIND A CLUB NEAR YOU!