



**Connect  
the  
dots...**

**April**

*It's Your Turn!*

**2013 Child Abuse  
Prevention Month Toolkit**

**Mark Your Calendars**

**APRIL 9<sup>th</sup>**



**Child Abuse Prevention (CAP)  
Day at the Capitol  
&  
CAP Day  
Mini Conference  
(The Samis Education Center)**

**Help**

**Connect the Dots for  
Oklahoma's Children**

Download these CAP Day items to help prepare you for and navigate the day!

**CAP Day Agenda:**

<http://www.ok.gov/health2/documents/2013%20CAP%20DAY%20AT%20THE%20CAPITOL%20AGENDA.pdf>

**Mini Conference Agenda:**

<http://www.ok.gov/health2/documents/Connect%20the%20Dot%20CAP%20Day%20Mini%20Conference%20Agenda.pdf>

Registration for Mini Conference:

[https://www.ok.gov/triton/modules/registration/register.php?event\\_seq=66475&calendar\\_seq=32](https://www.ok.gov/triton/modules/registration/register.php?event_seq=66475&calendar_seq=32)

**Complete CAP DAY Packet:**

<http://www.ok.gov/health2/documents/2013%20CAP%20DAY%20PACKET.pdf>

# 2013 CHILD ABUSE PREVENTION MONTH TOOLKIT

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### 2013 CAP Month Toolkit

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

# 2013 Child Abuse Prevention Month ToolKit

## “April is National Child Abuse Prevention Month”

From: **OSDH**  
Family Support & Prevention Service Date: March 22, 2013

- |               |   |                            |
|---------------|---|----------------------------|
| ✓ Urgent      | ✓ Please E-mail to other Staff & Community Partners | ✓ Please Circulate         |
| ✓ Please Post | ✓ Please Add To Newsletters & Bulletin Boards       | ✓ High Level of Importance |

### **“It’s Your Turn - Make a Difference for Children”**

**Who can make a difference?** Anyone. Everyone.  
Young and old. Individuals and groups.  
Anyone can make an impact on children’s lives. **It’s YOUR turn.**

April is National Child Abuse Prevention Month, a time to recognize that we each play a part in promoting the social and emotional well-being of children and families in communities.

Community partners across the state have worked together (along with the Family Support and Prevention Service/Oklahoma State Department of Health) to offer suggested activities for every community, materials to support the various activities, and other tools to help you promote a successful Child Abuse Prevention Month in your community.

### **What’s New?**

#### **Connect-the-Dots book drives!**

#### **What to do now?**

Visit our office to pick up your 2013 Resource Guides, posters and Hotline Cards (available while supplies last) – page 5.

Promote your own April CAP MONTH events by completing the fill-in-the-blank press release enclosed in this packet and distribute to local media – see page 34.

Plan your own Community Book Drive and collect books for the families in your programs – see page 23.

Start planning your **“Blue Ribbon Tree for Kids”**. Tree photos and registration due by April 3<sup>rd</sup> to make it into the CAP DAY Blue Ribbon Tree Slideshow. If your tree photos include individuals, please remember to include photo releases (available in the attachment section of this packet or at the FSPS website – <http://fsps.health.ok.gov>).

Mark your calendar to attend the **“CAP DAY AT THE CAPITOL”** on Tuesday, April 9<sup>th</sup>! Register for the **CAP DAY MINI CONFERENCE** on the same date, registration available at this link – [https://www.ok.gov/triton/modules/registration/register.php?event\\_seq=66475&calendar\\_seq=32](https://www.ok.gov/triton/modules/registration/register.php?event_seq=66475&calendar_seq=32)  
Plan to help Connect-the-Dots for Oklahoma’s Children! Plan for fun! Plan for an amazing, rich day you won’t want to miss!

#### **Showcase your events in the official 2013 CAP Month Scrapbook!**

**Complete and return the Community Event Form** – Please send success stories and CAP MONTH happenings our way! We would love to see newspaper clippings, flyers, and general information on community events and activities that you host during the month of April – form included in packet. We are happy to highlight your events in the official CAP Month Scrapbook and/or FSPS CAP Month webpage. Photos of events are appreciated, but, again, must be accompanied by photo releases/consents if individuals are present in pictures.

Wishing you a successful April filled with Prevention, Blue Ribbon Trees, and (new this year) a stream of children’s books! Stay tuned... ☺

-- the 2013 CAP ACTION Committee --

# CAP MONTH MATERIALS AVAILABLE

## CAP MONTH SUPPLIES

### MATERIALS FOR PICKING UP!

We would like to encourage everyone to participate in **Building a Blue Ribbon Tree for Kids** which is a low-to-no-cost activity, but still is a loud message about child abuse prevention!

We are not purchasing trinkets (wristbands, pens, buttons, etc) as we have in the past as we continue to try to make the best use of funds.

We are also short staffed and are not able to mail items this year, but have a few items that we would like to share if you are able to arrange pickup. These items are listed below.

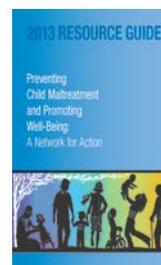
(while supplies last): [  **CHECK ITEMS YOU WOULD LIKE** ]



- 2013 COMMUNITY RESOURCE GUIDES** (with Parent Tip sheets and the Protective Factors)

You may also download an electronic copy at this link:

<https://www.childwelfare.gov/pubs/guide2013/guide.pdf>



- VARIETY OF POSTERS – large and small**

You may also download any of the posters in the attachments section.

- HOTLINE CARDS** (  English  Spanish)

### WHERE TO PICK UP:

We are located on the seventh floor at the Oklahoma State Department of Health, 1000 NE 10<sup>th</sup> Street.

You are welcome to call and/or email ahead if you would like to confirm that there are plenty of materials left, 405.271.7611 or [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov).

**We appreciate your understanding and  
hope you will still have a mighty and rich Child Abuse Prevention Month Campaign!**



## **MATERIALS** 2013 CAP Month Toolkit

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

# **MEDIA – CHILD ABUSE PREVENTION MONTH**

## **STATEWIDE PRESS RELEASE**

For Release: March 22, 2013  
Contact: Pamela Williams  
Office of Communications, 405.271.5601

### **Communities Urged to Help Prevent Child Abuse and Neglect April is Child Abuse Prevention Month: “It’s Your Turn – Make a Difference for Children”**

Can you spare a couple of hours a week or month to help make a difference in the life of a child? Child advocates and the general public will be encouraged to do just that during Child Abuse Prevention (CAP) Day at the State Capitol on Tuesday, April 9. From 8 a.m. till noon that day, booth displays and special activities will focus on building supportive community and family environments that help children grow and develop into productive citizens. Latest statistics from the Oklahoma Department of Human Services indicate child abuse confirmations have risen the last three years in Oklahoma, with more than 9,800 confirmations in state fiscal year 2012. ***April is National Child Abuse Prevention Month.***

Among the activities offered during CAP Day at the State Capitol will be a children’s book drive, “Connect the Dots for Oklahoma’s Children.” Children’s books may be dropped off from 8 a.m. till noon at the fourth floor rotunda. “This book drive is just one small way to encourage positive interactions with children and improve literacy skills that can last a lifetime,” said Annette Jacobi, chief of the Family Support and Prevention Service at the Oklahoma State Department of Health (OSDH). “We encourage everyone to get involved and make a difference for the children and families of Oklahoma.”

The afternoon of April 9, beginning at 1 p.m., the third annual CAP Day Mini Conference will be held at The Samis Education and Conference Center located at 1200 Children’s Avenue in Oklahoma City. While space is limited, the afternoon sessions will include free workshops open to the public who pre-register, featuring a variety of topics and well-respected speakers with expertise in child abuse prevention and sexual abuse prevention. To reserve a space for the conference contact: Sherie Trice, [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov) or (405) 271-7611.

“We hope those who can attend these events will do so. Prevention is key to reducing the number of victims of child abuse and neglect. Providing new parents small but important parenting techniques can demonstrate practical ways to help relieve the stress involved in raising children,” Jacobi said.

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Sherie Trice, OSDH community-based child abuse prevention grant coordinator, added, “Communities are encouraged to build a Blue Ribbon Tree as another way to participate in Child Abuse Prevention Month activities. Individuals can help by using words of praise and encouragement to a child or the caregiver, listening carefully to what a child has to say, showing that you care, and saying ‘I love you.’ These actions can have a positive impact on a child’s growth and development.”

The OSDH offers the following parenting tips:

- Help your children feel loved and secure, even when they do something wrong.
- Encourage your children by praising their effort in addition to their achievements and talents. Recognize the skills they are learning.
- Spend time with your children doing things that you both enjoy. Listen to them.
- Learn how to use nonphysical options for discipline that are appropriate for your child’s age and development, and/or redirect your child’s attention by offering positive choices, and/or helping them experience appropriate consequences related to their behavior when applicable.
- Seek help if you need it. Sometimes special circumstances like unemployment, or a child with special needs, can add stress to the family. If you need additional support, try to talk to a friend, health care provider, faith leader or counselor or join a support group for parents.

Finally, the OSDH encourages everyone to get involved with local activities related to Child Abuse Prevention Month using the theme “*It’s Your Turn – Make a Difference for Children,*” including the following:

- Attend CAP Day at the State Capitol on Tuesday, April 9.
- Donate a children’s book at CAP Day at the State Capitol on April 9.
- Buy a “Child Abuse Prevention” specialty license plate. Applications for the specialty license tag called “Start Right” are available at your local tag agency. Money will go into the child abuse prevention fund to support prevention programs across the state.
- Participate in “Build a Blue Ribbon Tree for Kids.” Find a highly visible spot to place your blue ribbon tree and add a blue ribbon for the number of children abused and neglected in your county; or the number of new babies born in your community; or to represent something that shows your support for children.
- Call your local library to see what materials are available for parents and childcare professionals to prevent child abuse and neglect and to learn good parenting skills.
- Volunteer to serve on the statewide Child Abuse Prevention CAP ACTION Committee and plan to help with future activities.

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- Get involved in Court Appointed Special Advocate (CASA) volunteer efforts to assist children through the legal system. Learn more by visiting this link: <http://www.oklahomacasa.org/Volunteering.html>.
- Get involved with Prevent Child Abuse Oklahoma by calling Parent Promise at (405) 232-2500.

For general information about Child Abuse Prevention Month activities, to request posters for your community, and to discover ways to get involved, call the county health department in your area or contact Trice at (405) 271-7611.

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## **MEDIA SECTION** *2013 CAP Month Toolkit*

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# MEDIA – CHILD ABUSE PREVENTION MONTH

## LOCAL PRESS RELEASE TEMPLATE

### Fill-in-the-Blank News Release for Local Task Forces or CHDs

**For Release:** \_\_\_\_\_, 2013  
**Contact:** (Administrator’s Name, Title)  
(Telephone #)

***“It’s Your Turn – Make a Difference for Children”! Help Prevent Child Abuse and Neglect.***

#### **\_\_\_\_\_ County Health Department/Task Force Launches Community Efforts to Help Prevent Child Abuse and Neglect**

\_\_\_\_\_ County Health Department/Child Abuse Prevention Committee has launched a community awareness campaign in observance of April as Child Abuse Prevention Month. This year’s theme is ***“It’s Your Turn – Make a Difference for Children.”*** Child advocates and public health officials are urging people in get involved in their local communities by contacting their local health department or child abuse prevention organization to participate in local projects and events.

Latest statistics from the Oklahoma Department of Human Services indicate child abuse confirmations have risen the last three years in Oklahoma, with more than 9,800 confirmations in state fiscal year 2012.

(Organization) wants to focus on the small positive actions that everyone can take to help raise safe, healthy, resilient children. Locally and statewide, Child Abuse Prevention committees will be hosting activities and events such as the “Building Blue Ribbon Trees for Kids” to prevent child abuse and neglect, and a children’s book drive “Connect the Dots for Oklahoma’s Children” to raise awareness about the importance of reading to improve literacy and for bonding.

Local Child Abuse Prevention Month activities in \_\_\_\_\_ County include: (List the date, time, location of local activities and a brief description here.) \_\_\_\_\_

(Include a description about your organization or committee, its mission, history and contact information to recruit volunteers etc. here. This is optional.) \_\_\_\_\_

###

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# MEDIA - CHILD ABUSE PREVENTION MONTH

## RADIO PUBLIC SERVICE ANNOUNCEMENTS

### **County Health Department April is Child Abuse Prevention Month Radio Public Service Announcements**

**#1 - :20**

**Announcer Voice:**

Did you know that you can help prevent child abuse and neglect? This April, during Child Abuse Prevention Month, call the County Health Department, or **(organization)**, to find out how you can volunteer and provide resources to help new parents cope with stress. Learn how you can get join the fight against child abuse and neglect. This message is brought to you by the County Health Department and this station.

###

**#2 - :30**

**Announcer Voice:**

What are some ways you can prevent child abuse? You can have patience. Take time out. Don't take it out on your child. Say kind and loving words to nurture a child. Get involved by volunteering to help out at a local child abuse prevention program. For more information, or to volunteer, call the County Health Department or a local child abuse prevention committee in your neighborhood. Remember, **"It's Your Turn – Make a Difference for Children."** **You can help prevent child abuse and neglect.** This message is brought to you by the County Health Department and this station.

###

**#3 - :60**

**Announcer Voice:**

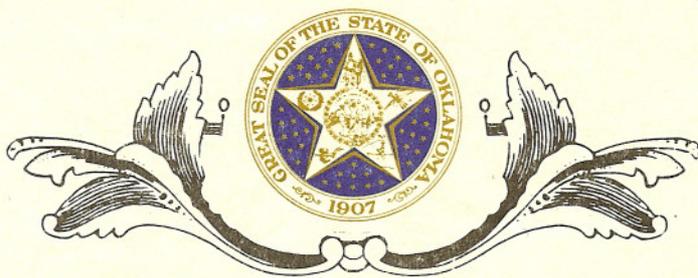
Communities statewide are recognizing that healthy childhood experiences are not just good for children, but good for their communities as well. It's simple, really. The actions we take to promote healthy child development are the very actions that help to prevent child abuse and neglect, like positive parent-child interaction, reading and constructive play. Unfortunately, children are sometimes exposed to intensive stress like child abuse and neglect. Too much stress is bad for anyone and can be devastating to a child's development. This is where prevention through nurturing comes into play. **"It's Your Turn – Make a Difference for Children."** **You can help prevent child abuse and neglect.** To learn what your community can do to protect children and prevent abuse, visit [w-w-w-dot-f-s-p-s-dot-health-dot-OK-dot-gov](http://w-w-w-dot-f-s-p-s-dot-health-dot-OK-dot-gov) or call the County Health Department. This message is brought to you by the County Health Department and this station.

###

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# STATE OF OKLAHOMA



EXECUTIVE DEPARTMENT

## Proclamation

Whereas, Oklahoma's future prosperity depends on nurturing the healthy development of almost one million children currently living, growing and learning within our many diverse communities; and

Whereas, research shows that safe and nurturing relationships and stimulating and stable environments improve brain development and child wellbeing, while neglectful or abusive experiences and unstable or stressful environments increase the odds of poor childhood outcomes; and

Whereas, the abuse and neglect of children can cause severe, costly and lifelong problems affecting all of society, including physical and mental health problems, school failure and criminal behavior; and

Whereas, research also shows that parents and caregivers who have social networks and know how to seek help in times of trouble are more resilient and better able to provide safe environments and nurturing experiences for their children; and

Whereas, individuals, businesses, schools, and faith-based and community organizations must make children a top priority and take action to support the physical, social, emotional and educational development and competency of all children; and

Whereas, the Oklahoma Child Abuse Prevention Action Committee in partnership with the Oklahoma Interagency Child Abuse Prevention Task Force engage public and private sector agencies, early learning professionals, advocates for children and youth, and residents throughout the state in activities that increase understanding of topics related to child, family and community success; and

Whereas, during the month of April, the Oklahoma State Department of Health in collaboration with its statewide partners will be engaging individuals and communities throughout Oklahoma in a coordinated effort to prevent child abuse and neglect by promoting awareness of healthy child development, positive parenting practices and the types of support families need within their communities; and

Whereas, I encourage all citizens of Oklahoma to recognize that prevention starts with each of us;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim the month of April 2013 as

**"Child Abuse Prevention Month"**

in the State of Oklahoma.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



Done at the Capitol, in the City of Oklahoma City, this 4<sup>th</sup> day of February, in the Year of Our Lord two thousand and thirteen, and of the State of Oklahoma in the one hundred and fifth year.

Annalyn R Day  
SECRETARY OF STATE

Mary Fallin  
GOVERNOR

# BUILD A BLUE RIBBON TREE FOR KIDS

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**It's Your Turn...**

# Build a Blue Ribbon Tree for Kids!

*Who can make a difference?*

Anyone. Everyone. Young and old. Individuals and groups. Anyone can make an impact on children's lives. Anyone can build a blue ribbon tree.



**TAKE ACTION IN YOUR COMMUNITY!**

## BUILD A BLUE RIBBON TREE FOR KIDS!

*Blue ribbon tree and photo courtesy of Catholic School of St. Eugene Challenge Club OKC, OK*



Family Support & Prevention Service  
Oklahoma State Department of Health  
1000 NE 10<sup>TH</sup> ST • Oklahoma City, OK 73117-1299

*"April is National Child Abuse Prevention Month"*

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
OKLAHOMA CITY, OK  
PERMIT NO. 1504

### PROMOTE HEALTHY CHILDREN AND STRONG FAMILIES!

Communities everywhere will be building **blue ribbon trees** in honor of **National Child Abuse Prevention Month (April)**. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility in helping to protect children.

- Decorate or create a tree!
- Make the ribbons count!
- **Deadline** ~ Wed, April 3, 2013
- **Get Listed** ~ Official Tree Registry
- Learn more (visit website)



Child Abuse Prevention  
CAP ACTION Committee  
(405) 271-7611  
OSDH Website: [fspd.health.ok.gov](http://fspd.health.ok.gov)

Please call or visit  
OSDH website for  
complete packet



Tree photos will be displayed during Child Abuse Prevention Day at the Capitol  
**Tuesday, April 9, 2013**

## FOR IMMEDIATE RELEASE!!!

**DATE:** January 29, 2013

**TO:** Communities-at-Large, Community Members, Community Organizations (including, but not limited to... Schools, Libraries, Churches, Civic and Community Groups, Childcare Centers, Hospitals, Medical Facilities, etc)

**FROM:** The *Child Abuse Prevention CAP ACTION*

**Committee** – led by the Oklahoma State Department of Health (Family Support & Prevention Service), which include individuals and representatives from multiple programs and agencies across our state who care about Oklahoma’s children!

**SUBJECT:** Get Involved! Easy Activity... “*Build a Blue Ribbon Tree for Kids in Your Community!*”

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*It's Your Turn!*

### TAKE ACTION!

***April is National Child Abuse Prevention Month.*** For the fifth straight year, we invite and urge every community to take action for children by simply “***Building a Blue Ribbon Tree for Kids***” to ready for the month of April. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility in helping protect children.

#### ***Where do I participate?***

Anywhere in Oklahoma

#### ***When do I participate?***

“Ribbon-ed Trees” are recommended to be up and on display before April begins or at any time during the month of April. We urge everyone to take advantage of getting your tree in the official Tree Registry by sending in the registration form (next page) and no more than two photographs. Tree photos received by the deadline will be featured during CAP Day at the Capitol on April 9<sup>th</sup> and in the 2013 CAP Month Scrapbook. Deadline for submission to be featured at the capitol is **Wednesday, April 3, 2013.**

#### ***How do I participate?***

Any community group or individual has the power to “***Take a Turn***” making a difference for children. Choose to be the difference and “***Build a Blue Ribbon Tree for Kids***” with the rest of the state.

1. Select a Tree or Construct a Tree (out of any materials you choose)
  - a. If utilizing a ‘live’ tree, choose one that has high visibility;  
*Note: Please ask permission if required.*
  - b. If constructing a ‘unique’ tree, ***creativity appreciated and encouraged.***
2. Decorate tree with Blue Ribbons (store bought or home-made)
  - a. Hang ribbons on trees to represent any of the following:
    - ⓧ The number of new babies born in your community;
    - ⓧ The confirmed number of abused and neglected children in your county;
    - ⓧ Something significant to your agency, program, or community (i.e. number of families served by your program/agency);
    - ⓧ Or use the ribbons to show your community support for children in general (benefit – NO counting ribbons on this selection).
3. Get logged in the ***Tree Registry!***

# TREE REGISTRY

## Build a Blue Ribbon Tree for Kids -- In Your Community!

Please complete the information below to register your tree or trees for  
April – National Child Abuse Prevention Month.

Name of Person, Group or Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Number of Blue Ribbon Trees: “Live” \_\_\_\_\_ or “Your Own Creation” \_\_\_\_\_

Location of Blue Ribbon Trees: \_\_\_\_\_  
Example: Court House, Main Street, High School, Grade School,  
Neighborhood, etc.

What Do Your Blue Ribbons Represent: \_\_\_\_\_

### Requirements for Tree Registry:

- ⌘ No more than two photographs allowed for each submission.
- ⌘ All photographs and Tree Registry forms must be sent in together.
- ⌘ Photographs and registry form must be sent in by deadline, **Wednesday, April 3, 2013!**
- ⌘ All photos with people must have signed photo releases for ALL individuals.

Example: # of New Babies born in your Community, # of Abused/Neglected Children in your County, Blue Ribbons for general support of all children, something else significant to your agency or program (please specify), etc.

Submission deadline to be included in the Child Abuse Prevention (CAP) Day at the Capitol slideshow: **Wednesday, April 3, 2013.**

\* Photos will be displayed in the 2013 Child Abuse Prevention Month Scrapbook and during Child Abuse Prevention Day at the Capitol on April 9, 2013. Some photos may be shared on the ‘Child Abuse Prevention Awareness’ website and facebook.

Please mail, fax or e-mail completed form and tree photographs to:

Sherie Trice, M.S., CCPS, CBCAP Grant Coordinator  
Family Support and Prevention Service, OSDH  
1000 NE 10th Street  
Oklahoma City, Oklahoma 73117-1299  
Phone: 405-271-7611  
Fax: 405-271-1011  
[SherieT@health.ok.gov](mailto:SherieT@health.ok.gov)

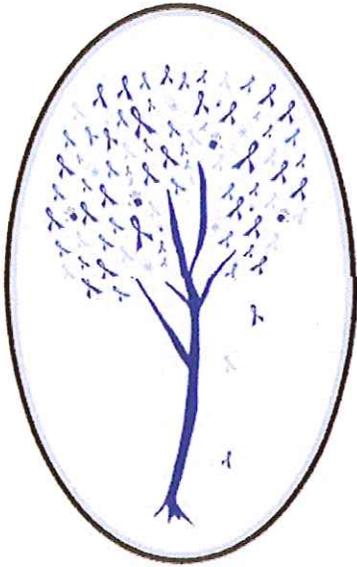
\* If people are present in photo, signed photo releases must accompany registration for each individual.

**Thank You!**



BUILD A BLUE RIBBON TREE

## Building a Blue Ribbon Tree with Preschool Aged Children



The Child Abuse Prevention Action Committee recommends that, while working with young children on projects such as Building a Blue Ribbon Tree, the focus remains on the positive aspects of prevention. It is our hope and goal for everyone to be involved in preventing child abuse, and we certainly want to include children! By supporting all children and educating about healthy families and how the community can help families, we will be preventing child abuse.

Ideas for ways to talk to young children about Building a Blue Ribbon Tree:

1) Talk about symbols that they recognize and what they represent. For example, show them a picture of a McDonalds sign and ask them what they think of; show a picture of a heart and ask them what it means to them. You can think of more....this will be a fun game for them. Next show them a picture of a Blue Ribbon Tree. Tell the children that a Blue Ribbon Tree means that children are special and need adults to take care of them.

2) Draw pictures of blue ribbon trees, glue blue shredded paper on a picture of a tree, etc. While working on art projects tied to Blue Ribbon Trees, talk about how important children are. Talk about their families and how many people love each one of them....including you, their teacher.

3) It feels good to do nice things for others. Talk about nice things they can do for each other and how it makes them feel.



4) Tell the children their whole school is going to make a big Blue Ribbon Tree so that all the people driving by (or coming in) and all the moms and dads know that our school believes that children are special.

5) Discuss things they can do for children and moms and dads that would be helpful.

⇒ Learn about organizations that help families with young children.

⇒ Clean up a park, playground or school.

⇒ Donate food, clothes, etc. for families that need them.

⇒ Donate toys and books for children.

⇒ Tell children how special and important they are.

⇒ Pray for the families in your community.

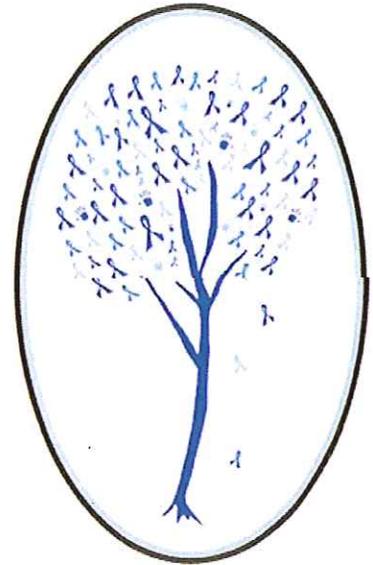
⇒ When someone does something nice for you or someone else, tell them, "Thank You!"

⇒ Have a Blue Ribbon Tree party in April for all the people you know that help families. Invite people that might want to join you. Send a picture of your tree to us so we can show it @ the capitol.



## Building a Blue Ribbon Tree with Grade School Aged Children

The Child Abuse Prevention Action Committee recommends that, while working with children on projects such as Building a Blue Ribbon Tree, the focus remains on the positive aspects of prevention. It is our hope and goal for everyone to be involved in preventing child abuse, and we certainly want to include children! By supporting all children and educating about healthy families and how the community can help families, we will be preventing child abuse.



Ideas for ways to talk to children about Building a Blue Ribbon Tree:

1) Talk about charities their parents may have supported in the past. They may have gone on a walk to support breast cancer with their parents; they may have helped in some way with Special Olympics, etc. They can do some kind of project (large or small) about these familiar charities.

2) Discuss with the children that the Blue Ribbon Tree project is for supporting children and their families. If we call people's attention to children and families' needs, more people will want to help.



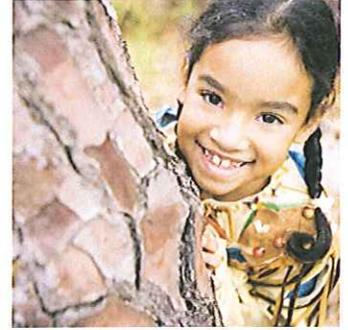
3) It feels good to do nice things for others.

4) Some of the ways we can all help children and their families in our community:

⇒ Learn about organizations that help families with children and ask if they need help. Volunteer.

⇒ Clean up a playground, park or school.

⇒ Volunteer to read to children in the hospital.



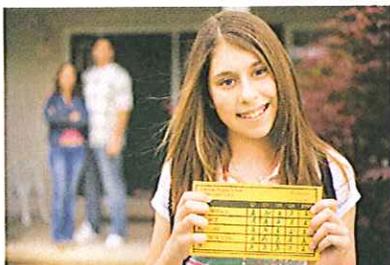
⇒ Donate food, clothes, etc. for families that need them.

⇒ Donate toys for children @ Christmas time or any time of the year. It might be someone's birthday!

⇒ Tell children how special and important they are.

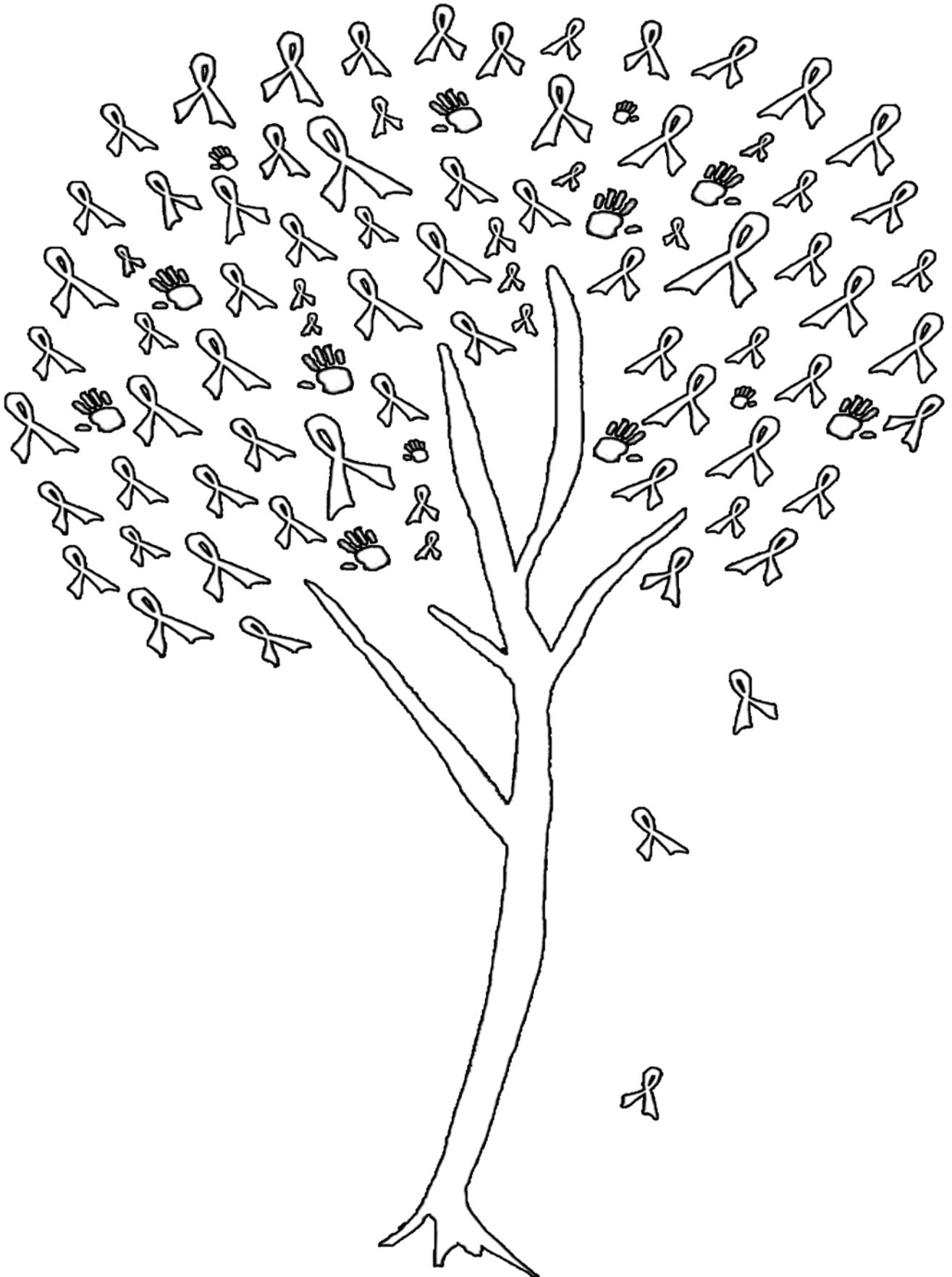
⇒ Pray for the families in your community.

⇒ Look for kids doing kind things and tell them what you think!



⇒ Donate books. Read to a child.

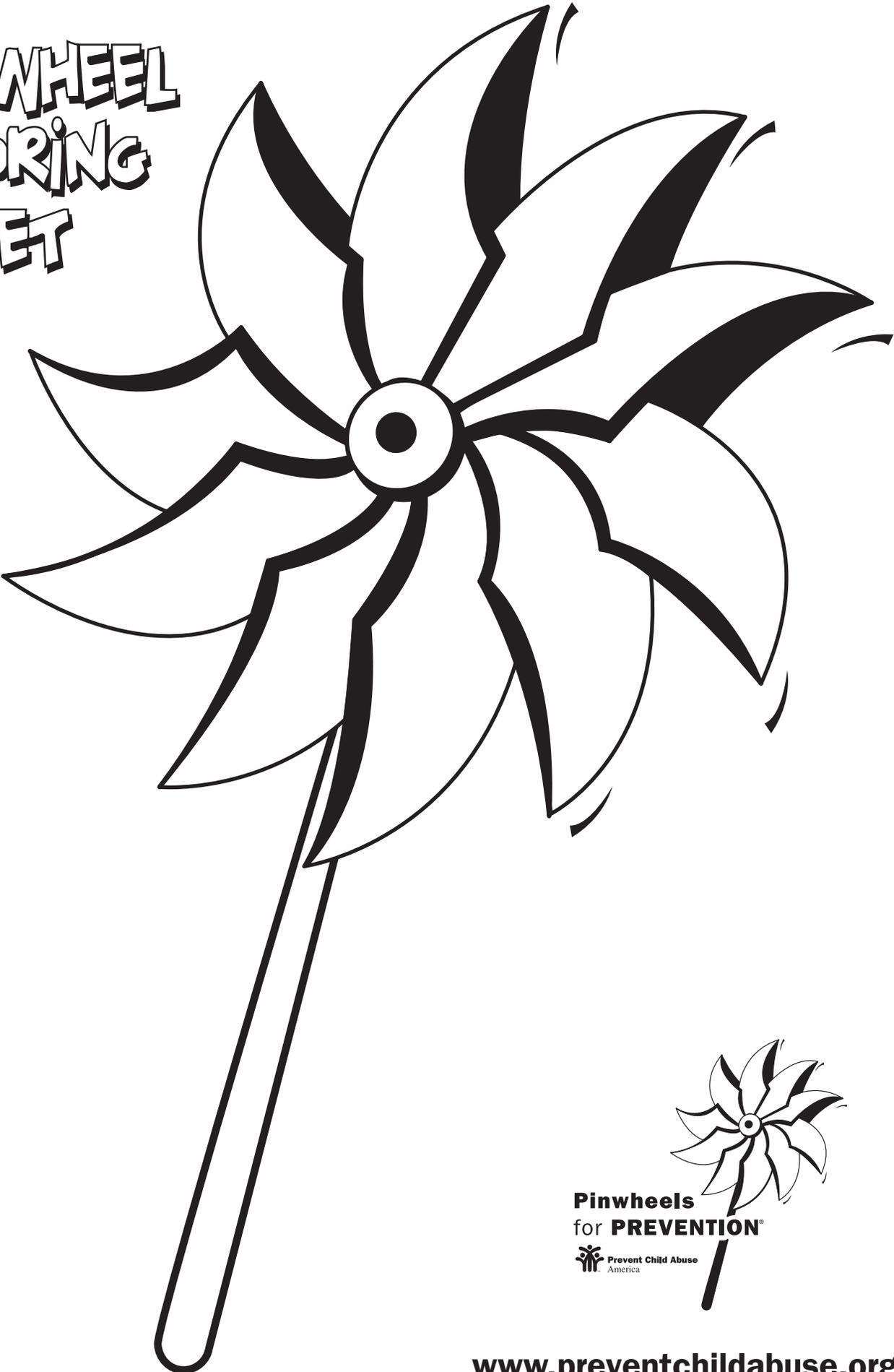
⇒ Have a Blue Ribbon Tree party in April for all the people you know that help families. Invite people that might want to join you. Send a picture of your tree to us so we can show it @ the capitol.



BUILD A BLUE RIBBON TREE

Coloring Page

# PINWHEEL COLORING SHEET



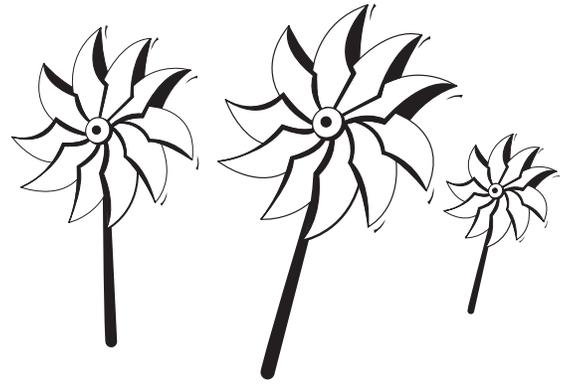
**Pinwheels  
for PREVENTION<sup>®</sup>**



Prevent Child Abuse  
America

[www.preventchildabuse.org](http://www.preventchildabuse.org)

# MAKING YOUR OWN PINWHEEL



Here's a craft project that will allow children a chance to participate in your community's "Pinwheels for Prevention" activities. This activity can be used in schools, daycare centers, after-school programs, church groups, etc.

## Pinwheel Wind Collector

### Materials

- A push pin
- A square piece of construction paper (about 8.5" by 8.5")
- A sharpened pencil with an eraser
- Scissors

### Procedure

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go.  
Pick up the pinwheel near the pencil point and let it catch the wind.



[www.preventchildabuse.org](http://www.preventchildabuse.org)

# CONNECT THE DOTS – CAPITOL & COMMUNITY book drives



## CAMPAIGN INFORMATION & MATERIALS TABLE OF CONTENTS

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<i>Tips for Reading with Children (Spanish)</i>	
<i>50 Books Your Child Should Read Before Kindergarten</i>	

**Visit this link for enjoyable activity sheets from the Dept.  
of Libraries (scroll to bottom of page) –**

<http://www.odl.state.ok.us/literacy/publications/index.htm>

### Ready to Learn Funstuff Sheets

- How Do Dinosaurs Say Goodnight? *(English and Español)*
- If You Give a Mouse a Cookie *(English and Español)*
- *I Am a Leaf Activity Sheet • Sheet #2*
- *Llama Llama Red Pajama*
- *Rhyme Time Match-up*

### Tips for Reading With Children

- [English](#)
- [Español](#)

# CONNECT THE DOTS – SMART START OKLAHOMA CAPITOL book drive

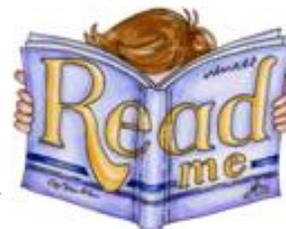
## CAMPAIGN INFORMATION & MATERIALS

### **Why are books important?**

Parents and caregivers are urged to read to their children early and often.

Reading creates a feeling of closeness between parent and child.

Books are key to unlocking the potential in every child.



### **What type of books?**

New and nearly new children's books for ages, birth to eight years.

*It's Your Turn, Get Involved!*  
Connect-the-Dots Book Drive

## Connect the Dots **book drive** (at the Capitol or in your own Community)

### **OPTION I:**

## **THE CAPITOL BOOK DRIVE**

*Smart Start Oklahoma is leading the way to mega books at the Capitol on Tues, April 9<sup>th</sup>!*

**When:** From now until Tuesday, April 9<sup>th</sup> – Collect, Donate Books for children of Oklahoma!

- Deliver books at one of the drop off sites listed below *before* April 9<sup>th</sup>; or
- Deliver books to the Capitol, 4<sup>th</sup> floor rotunda, on Tues, April 9<sup>th</sup>, 8:00 a.m. – 12:30 p.m.

**Where:** Bring the books to the Annual Child Abuse Prevention (CAP) Day at the Capitol!

*Oklahoma State Capitol, 4<sup>th</sup> Floor Rotunda*

2300 N. Lincoln Boulevard

Oklahoma City, Ok

### ***Drop Off Donation Sites (other than the Capitol)***

Smart Start Central Oklahoma (in the United Way Building), 1448 NW 28<sup>th</sup> Street, Okc

Outside of Oklahoma County – Smart Start Ok Community Contacts:

<http://smartstartok.org/locations-and-contacts>

### ***Posters***

Download, Print and Disseminate (next page)

## **COMMUNITY SECTION** 2013 CAP Month Toolkit

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

# Book Drive

Connect  
the  
dots!



**when & where:**

**Tuesday, April 9, 2013**

8:00 am - 12:30 pm

Oklahoma State Capitol, 4th Floor Rotunda  
2300 N. Lincoln Blvd., OKC, OK

**get involved:**

Donate/collect books for the children of Oklahoma (ages 0-8) & deliver to the State Capitol!

Reading aloud is widely recognized as the single most important activity in helping children develop literacy skills, leading to reading success. Help a child today!

*\*books collected will be distributed to Smart Start offices statewide*

# CONNECT THE DOTS – THE COMMUNITY book drive

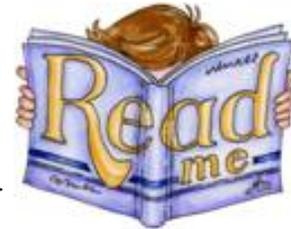
## CAMPAIGN INFORMATION & MATERIALS

### Why are books important?

Parents and caregivers are urged to read to their children early and often.

Reading creates a feeling of closeness between parent and child.

Books are key to unlocking the potential in every child.



### What type of books?

New and nearly new children's books for ages, birth to eight years.

*It's Your Turn, Get Involved!*  
**Connect-the-Dots Book Drive**

### OPTION II:

## **THE COMMUNITY BOOK DRIVE**

*(Close to home and in your own backyard!)*

***Communities are encouraged to host their own book drive  
and keep the books close to home!***

Build a Mountain of Books during the month of April!

Simple steps to conducting a successful community book drive:

#### 1. Choose and Identify the Collection Site:

- Choose locations that are convenient to drop off books.
- Choose a method of collection. The book drop-off bins could be as simple as a cardboard box, or as creative as a red wagon, Pack 'n Play or baby pool.
- Label the drop off bins with **Book Drive Box** signs.

#### 2. Spread the Word

- Download and localize the flyer (available in this section) – disseminate hard copies and/or email an electronic version of the flyer to everyone on your distribution list.
- Send a letter or email summarizing why you have chosen to host a book drive, as well as where and when to donate books.

#### 3. Deliver the Books

- Coordinate pick-up or drop-off of donated books as needed to the program your group designated.

### *Posters*

Download, Print and Disseminate (next page)

**COMMUNITY SECTION** 2013 CAP Month Toolkit

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

the community

# Book Drive

Connect  
the  
dots!



when & where:

get involved:

Reading aloud is widely recognized as the single most important activity in helping children develop literacy skills, leading to reading success. Help a child today!

# TIPS FOR READING WITH CHILDREN

## 1. READ WITH YOUR CHILD EVERY DAY

- \* Read with your child for at least 20 minutes every day.
- \* Give children your full attention when you are reading together.

## 2. READ FOR ENJOYMENT

- \* Let children choose the books they are interested in.
- \* Let children touch the books, turn the pages and discover the pictures.
- \* Let children read to you.  
Or read aloud to the children.

## 3. STOP READING WHEN YOUR CHILD LOSES INTEREST

- \* Short sessions are effective. You should not make your children read books they dislike.
- \* Re-read the child's favorites. Young children often want the same story read over and over again.

## 4. Be expressive

- \* Enthusiasm is important. Give different voices to different characters.
- \* Use drama and excitement to make the story come alive.

## 5. GET TO KNOW THE BOOK

- \* Give children time to comment on what they see and hear. Ask about numbers and shapes.
- \* Relate the story to your children's experiences. Share opinions.



## 6. VISIT YOUR LOCAL LIBRARY

- \* Go often. Borrow and read many different kinds of children's books to discover and increase your child's interests. Also, don't forget that your library's computer provides the perfect opportunity to introduce your children to the Internet. Go online with them and show them how to do research for school projects and papers.
- \* Borrow a good selection of beautiful, expensive books. Children deserve the best!

## 7. Be a ROLE MODEL

- \* Children learn from example. If they see parents reading they will also want to read!

O • K • L • A • H • O • M • A

LITERACY RESOURCE OFFICE

Oklahoma Department of Libraries

and **Ready to Learn**

# Consejos Para Leer Con Los Niños



## 1. Lea con su niño todos los días

- \* Lea con su niño por lo menos 20 minutos todos los días.
- \* Dele a los niños su completa atención cuando estén leyendo juntos.

## 2. Disfrute la lectura

- \* Deje a los niños que escojan los libros que les llaman la atención.
- \* Deje a los niños que toquen los libros, volteen las páginas y descubran los personajes.
- \* Permitale a sus niños que le lean a usted. O leale en voz alta a los niños.

## 3. Deje de leer cuando su niños pierda el interés

- \* Las sesiones cortas/breves son efectivas. No ponga a sus niños a leer libros que no le gusten.
- \* Vuelva a leer los libros favoritos del niño. A los niños muchas veces quieren que les lean el mismo cuento una y otra vez.

## 4. Sea expresivo (a)

- \* El entusiasmo es importante. Dale diferentes voces a diferentes personajes.
- \* Use drama y emoción para que el cuento sea animado y emocionado.

## 5. Conozca el libro

- \* Dele a los niños tiempo para que comenten de lo que han visto y oído. Preguntele acerca de los números y las formas.
- \* Relacione el cuento con las experiencias de su niño. Comparta opiniones.

## 6. Visite frecuentemente su biblioteca local

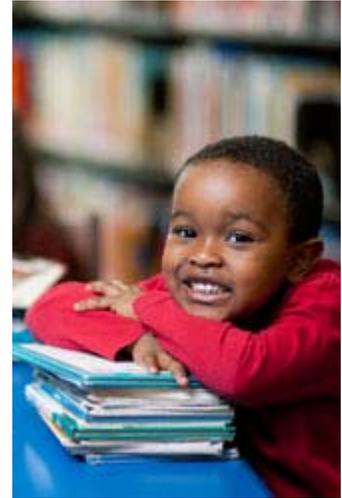
- \* Vaya seguido. Solicite y lea diferentes clases de libros de niños para descubrir y aumentar el interés y curiosidad de su niño. También no olvide que la computadora de su biblioteca proporciona la oportunidad perfecta para introducir a su niño al internet. Ingrese al internet con ellos y enséñeles como hacer búsquedas para proyectos de la escuela y documentos.
- \* Pida prestado una buena selección de libros hermosos y costosos. ¡ Los niños merecen lo mejor!

## 7. Sea un modelo a seguir

- \* Los niños aprenden de modelos ejemplares. ¡ si ellos ven a sus padres leer, ellos también van a querer leer.

## 50 Books Your Child Should Read Before Kindergarten

A reading list, for kindergarten? Though they're not exactly required reading, these 50 books, both old and new, make a top-notch reading that young kinders shouldn't miss. They run the gamut from read-alouds that parents can share to early reading practice, and deal with topical subjects (like fear of school), skills kids should master (such as the alphabet), and, of course, flat-out fun! So hunker down and get reading!



1. *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
2. *Anansi and the Moss-Covered Rock* by Eric Kimmel or *Anansi the Spider* by Gerald McDermott
3. *Bark, George* by Jules Feiffer
4. The Berenstain Bears series by Stan and Jan Berenstain
5. *Caps for Sale* by Esphyr Slobodkina
6. *The Carrot Seed* by Ruth Krauss
7. *A Chair for My Mother* by Vera B. Williams
8. *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault
9. *Click, Clack, Moo: Cows that Type* by Doreen Cronin
10. *Clifford the Big Red Dog* by Norman Bridwell
11. *Cloudy with a Chance of Meatballs* by Judy Barrett
12. *Curious George* by H.A. Rey
13. *Danny and the Dinosaur* by Syd Hoff
14. *Don't Let the Pigeon Drive the Bus!* By Mo Willems
15. *Flat Stanley* by Jeff Brown
16. *Frog and Toad Are Friends* by Arnold Lobel
17. *Froggy Gets Dressed* or *Froggy Goes to School* by Jonathan London
18. *George and Martha* by James Marshall
19. *Green Eggs and Ham* by Dr. Seuss
20. *Harold and the Purple Crayon* by Crockett Johnson
21. *Harry the Dirty Dog* by Gene Zion
22. *How Do Dinosaurs Say Goodnight?* By Jane Yolen
23. *I Stink!* By Kate McMullen
24. *If You Give a Mouse a Cookie* by Laura J. Numeroff
25. *Ira Sleeps Over* by Bernard Waber
26. *Joseph Had a Little Overcoat* by Simms Taback
27. *Leo, the Late Bloomer* by Robert Kraus
28. *Lyle, Lyle, Crocodile* by Bernard Waber

29. *Madeline* by Ludwig Bemelmans
30. *The Magic School Bus Series* by Joanna Cole
31. *Martha Speaks* by Susan Meddaugh
32. *Mike Mulligan and His Steam Shovel* by Virginia Lee Burton
33. *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
34. *Miss Nelson is Missing!* By Harry Allard and James Marshall
35. *Mr. Popper's Penguins* by Richard Atwater
36. *My Father's Dragon* by Ruth Stiles Gannett
37. *Nate the Great* by Marjorie Weinman Sharmat
38. *Owen* by Kevin Henkes
39. *The Paper Bag Princess* by Robert Munsch
40. *Pete's a Pizza* by William Steig
41. *Pierre: A Cautionary Tale* by Maurice Sendak
42. *Puss in Boots* by Charles Perrault
43. *Rapunzel* by Paul O. Zelinsky
44. *Strega Nona* by Tomie De Paola
45. *Stellaluna* by Janell Cannon
46. *Sylvester and the Magic Pebble* by William Steig
47. *Tough Boris* by Mem Fox
48. *The True Story of the Three Little Pigs* by A. Wolf, by John Scieszka
49. *Where the Wild Things Are* by Maurice Sendak
50. *Yoko* by Rosemary Wells

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<http://www.education.com/magazine/article/50-books-child-read-kindergarten/>

## FAMILY & COMMUNITY INVOLVEMENT

### *OTHER SUGGESTED IDEAS FOR LOCAL ACTIVITIES*

Bring Child Abuse Prevention Month to your community!  
With these activities, you can encourage groups of concerned citizens to participate in Child Abuse Prevention Month.

**Get the Press Involved** – Send out a press release to your local media (see press release template in this packet). Meet with the editors of your local newspaper urging them to write an editorial about child abuse and what can be done to prevent it.

**Contact the Local Radio Station** – Radio stations (as well as TV stations) are required to use a certain amount of airtime for public service announcements (PSAs) each month. Send them a “reader’s script” with timed announcements so that on-air personalities can read them when a time gap needs to be filled.

**Websites** – Update the community calendars and public service announcement sections on your local radio and television station websites. List your family fun events that are happening at the library so that the community can attend. Radio stations often pull their public service announcements off their websites.

**Work with Local Businesses** – Request that businesses in town display positive parenting posters (provide copies of the ones available through FSPS) and try to get some to pledge a small percentage of their profits to child abuse prevention efforts during the month of April.

**Get Involved in the first CAP DAY/CAP MONTH “Connect-the-Dots Book Drive** – Join the CAP DAY drive or host a community drive close to home.

**Blue Ribbon Campaign** - Many communities across the country conduct blue ribbon campaigns to draw attention to Child Abuse Prevention Month.

- Build a Blue Ribbon Tree for Kids!***
- Form a blue ribbon committee to plan & implement an April campaign.
- Wear a blue ribbon each day in April and encourage others to wear them as well.
- In April, host or suggest, “Blueberry Muffin Mondays” at work.
- Fire and police departments can display blue ribbons on vehicles throughout the month of April.
- City councils, mayors’ offices, states’ attorney’s offices, and other government staff may wish to get involved in child abuse prevention activities, including wearing blue ribbons throughout the month.
- Storeowners can display blue ribbons on doors, windows, light posts, and other visible areas.
- Employees (especially those seen by the public) may wear blue ribbons during April; consider retail, theater and restaurant workers.
- Grocery stores can print information about Child Abuse Prevention Month on grocery bags, receipts and shopping cart inserts.

## **Ideas for other Child Abuse Prevention Month Activities**

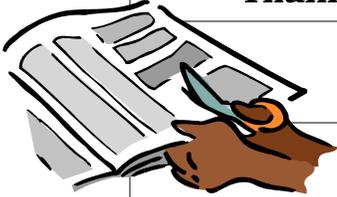
- ⌘ A luncheon, reception or event can be held honoring Child Abuse Prevention Month and the work being done in your community.
- ⌘ Mall store windows, business lobbies and bulletin boards can be a place to display materials, posters and brochures concerning child abuse prevention.
- ⌘ Schools and parent-teacher organizations can be involved with events, essay or poster contests, material distribution, and blue ribbon campaigns.
- ⌘ Churches, synagogues, and faith communities can also be involved in Child Abuse Prevention Month activities.
- ⌘ In those areas with city or county run utilities, monthly statements may be available for adding messages about Child Abuse Prevention Month and positive parenting.

## IT'S YOUR TURN - COMMUNITY EVENT FORM

SHARE WHAT'S HAPPENING IN YOUR NEIGHBORHOOD!

Please take a moment and update us on either your upcoming plans for April or a snapshot view of your activities and events after they happen (including news clippings, newsletters, flyers, etc).

***Thank you for participating in Child Abuse Prevention Month!***



**Event/Activity Name:**

**Sponsored by:**

**Date of Event:**

**Location of Event:**

**Brief Description of Event or Activity:**



### Contact Information

**Name:**

**Phone:**

**Email Address:**

**County:**

**Photos included?**

YES    NO

**Signed releases included?**

YES    NO

⌘ All photographs with people must include signed photo releases for each person ⌘  
(photo releases can be found in the 'attachments' section)

*Please return completed form to Sherie Trice*

Email: [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov)

Fax: 405.271.1011

# How to Develop Strong Communities



## What's Happening

Communities have a great influence in families' lives. Just as plants are more likely to thrive in a garden with good soil and plenty of sunlight and water, families are more likely to thrive in nurturing communities. A safe place for children to play is one feature of a nurturing community. Other features include the availability of food, shelter, and medical care for families, as well as a culture that encourages neighbors to get to know and help one another. Nurturing communities can help build strong families. They are critical in helping build protective factors.\*

## What You Might Be Seeing

Strong, nurturing communities that are supportive of families will have:

- Parks and recreation facilities that are accessible, safe, and inviting places for families
- Resources to help families in need access food, shelter, medical care, and other resources
- Early education programs that are easily accessible and welcoming
- Safe, affordable housing available to all families
- Clean air and water

## What You Can Do

### Baby steps

- Meet and greet your neighbors.
- Go to a parents meeting at your child's school.
- Participate in an activity at your local library or community center.

### Small Steps

- Set up a playgroup in your community at homes or a local park (consider inviting people who may not have children at home, like local seniors).
- Organize a community babysitting co-op.
- Volunteer at your child's school through the school's administration or the parents' organization.
- Encourage local service providers to produce a directory of available services in the community.

### Big Steps

- Organize a community event (a block party, father/daughter dance, parent support group).
- Run for an office in the parent organization at your child's school.
- Attend local government meetings (city council or school board meetings) and let them know how important resources are in your community. Let them know how parks, strong schools, and accessible services help to strengthen your family and other families.
- Join or create a group in which parents and children meet regularly to play or serve together, such as scouting, a flag football league, or service club.

### *Remember:*

*Everyone can take steps to make communities more supportive of families!*

\* To learn more about the protective factors, visit: <https://www.childwelfare.gov/can/factors/protective.cfm>

This tip sheet was created with input from experts in national organizations that work to prevent child maltreatment and promote well-being. At <https://www.childwelfare.gov/preventing/promoting/parenting/> you can download this tip sheet and get more parenting tips, or call 800.394.3366.

## GET INVOLVED

WONDERING WHAT ELSE YOU CAN DO?

**Wear a Blue Ribbon each day in April!**

**Display a Child Abuse Prevention Poster...**  
at your place of worship, childcare center, or local business!

**Keep a stack of Child Abuse Hotline cards handy!**  
(available from our office)



**Join the CAP ACTION PLANNING team** – Great networking with dedicated individuals who care about Oklahoma’s children and families.

*Next Meeting following CAP MONTH will be:*

**Wednesday, May 8, 2013, 10 a.m. – Noon**

OSDH, Room 806 (eighth floor)

1000 NE 10<sup>th</sup> Street, Okc

Sign up for meeting news and happenings by emailing [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov).

**Invest in Oklahoma’s Child Abuse Prevention Programs  
by purchasing a Start Right (OCAP) Specialty License Plate –**  
for either your car or motorcycle.

**How do you get a plate for your vehicle?** The plate costs \$35 and is ready for immediate pick up if you visit the Oklahoma Tax Commission in the MC Connors Building (2501 N. Lincoln Boulevard, Okc). Otherwise, you may choose to mail in the fund-raising form and \$37 (additional \$2 mailing fee) to receive your specialty plate via the mail within a couple of weeks.



**How does buying a plate help prevent child abuse?** With every tag purchased, \$20 will go into the child abuse prevention fund to support child abuse prevention programs across the state. In addition, the bright, colorful tag also is an attention-getter, raising awareness in the community about the important issue of child abuse and the need for protection and prevention.

(ordering is easy – see next page)

**GET INVOLVED SECTION 2013 CAP Month Toolkit**

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

## SPECIAL LICENSE PLATE APPLICATION FOR PRE-NUMBERED FUND RAISING PLATES

Submit all applications to your local tag office or the Oklahoma Tax Commission at the address on the reverse side of this application. License plates are issued for a period of one (1) year. Renewal decals may be obtained at your local tag office.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Daytime Phone Number

**PLEASE CHECK ONE:**

- Original or Replacement** **Fee: \$37.00**  
License plate & decal  
(\$35.00 fee plus \$2.00 mail fee. Allow 8 weeks for pre-numbered.)
- Renewal** **Fee: \$36.00**  
Decal Only  
(\$35.00 fee plus \$1.00 mail fee.)  
(Allow 8 weeks.)

Remittance made payable to the Oklahoma Tax Commission must accompany the application. Driver license number must appear on your check or money order.

**A portion of the fee will be deposited to the organization as shown below.**

**Choose only one (1) type.**

√	Code	License Plate Type	A Portion Of The Fee Will Be Deposited To The:
	RLN	Adoption Creates Families	Dept. of Human Services for Stronger Oklahoma Families Act.
	AA	Agricultural Awareness	Ag in the Classroom Education Fund, State Dept. of Agriculture.
	CA	Child Abuse Prevention	<b><i>Child Abuse Prevention Revolving Fund , State Dept. of Health.</i></b>
	CLN	Choose Life	Choose Life Assistance Program, Dept. of Human Services.
	CON	Color Oklahoma	Color Oklahoma Fund, Oklahoma Native Plant Society.
	CV	Crime Victim Awareness	Attorney General's Fund for Services to Crime Victims.
	BC	Fight Breast Cancer	Breast Cancer Act Fund.
	2FN	Future Farmers Of America	Oklahoma Dept Of Career & Technology Education Agriculture Fund.
	HR	Heart Of The Heartland	Heart Of The Heartland Scholarship Fund, Oklahoma State Regents for Higher Education.
	RT	Historic Route 66	Oklahoma Historical Society Fund, Rt. 66 Museum in Clinton
	OH	Oklahoma History	Oklahoma Historical Society Fund, Education Purposes
	QHN	Oklahoma Quarter Horse Association	Oklahoma Quarter Horse Fund , Oklahoma Horse Racing Commission
	ST	Oklahoma Statehood Centennial	Oklahoma Capitol Complex and Centennial Commemoration Fund
	SK	Oklahoma Safe Kids Association	Children's Hospital, Oklahoma Safe Kids Fund
	RAN	Realtor's Association – <b>Attach a copy of Realtor ID</b>	Oklahoma Housing Foundation
	PGN	State Parks Supporter–Golf Ball	Oklahoma Tourism And Recreation Dept. Fund
	PPN	State Parks Supporter–Pavilion	Oklahoma Tourism And Recreation Dept. Fund
	PRN	State Parks Supporter–Recreational Veh..	Oklahoma Tourism And Recreation Dept. Fund
	ED	Support Education	Education Reform Revolving Fund, Higher Education Revolving Fund, State Career Technology Fund, And Teachers Retirement Benefit Fund.
	UFN	Urban Forestry & Beautification	Urban Forestry And Beautification Fund, Dept of Agriculture

**The boxes below are required to be completed. This information can be found on your current vehicle registration. I certify that the license plate will be displayed on the following vehicle:**

Oklahoma Title Number (Not VIN Number)	Year & Make	Regular license plate Number	Decal # on Regular license plate (Example: 0F00000)	Regular Decal Expiration



Signature \_\_\_\_\_  
Executed under penalties of perjury.

**READ REVERSE SIDE CAREFULLY**

**PLEASE READ ALL INSTRUCTIONS BEFORE COMPLETING APPLICATION**

1. This special plate registration is in addition to, not in lieu of, your regular registration (i.e. standard license plate). Your regular registration must be kept current at all times. Failure to renew the regular registration in a timely manner may result in a delinquent registration penalty and/or possible law enforcement citation.
2. Once a special license plate has been assigned to an applicant, that applicant shall have priority to such license plate for succeeding years, provided a timely paid application for renewal is submitted. To insure that you receive a renewal application each year, please notify the Oklahoma Tax Commission of any change in your address.
3. A special license plate may be transferred to another vehicle upon the owner's submission of a completed **Request to Transfer Form** (OTC Form 783-A) to the Motor Vehicle Division, Special License Plate Section. This form may be obtained from your local tag agency, through the Oklahoma Tax Commission web site at [www.tax.ok.gov](http://www.tax.ok.gov), or from the Oklahoma Tax Commission.
4. The special license plate is to be displayed on the rear of the vehicle for which it is issued. The regular license plate should be kept inside the vehicle and produced upon request by law enforcement.

Oklahoma Tax Commission  
Motor Vehicle Division  
Special Plate Section  
2501 Lincoln Blvd.  
Oklahoma City, Ok 73194-0013

Telephone: 405-521-2468

Toll Free: 1-800-522-8165, ext. 1-2468

## PROTECTIVE FACTORS

Protective factors are conditions in families and communities that, when present, increase the health and well-being of children and families. They are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

Research has shown that these protective factors are linked to a lower incidence of child abuse and neglect.

### **KEEPING YOUR FAMILY STRONG** - included

Describes the protective factors in parent-friendly language and offers simple ways parents can strengthen their own families.

### **PROTECTIVE FACTORS CALENDARS** - included

- 30 ways for programs to promote child well-being during National Child Abuse Prevention Month!

- 30 ways for parents to promote child well-being during National Child Abuse Prevention Month!

-30 ways for community partners to promote child well-being during National Child Abuse Prevention Month!

\*2013 Preventing Child Maltreatment and Promoting Well-Being Resource Guide: A Network for Action Complete Guide is available for download - <https://www.childwelfare.gov/pubs/guide2013/guide.pdf>

## **PROTECTIVE FACTORS 2013 CAP Month Toolkit**

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

# Keeping Your Family Strong



Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child’s behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day.

*Protective factors* are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. This tip sheet describes six key protective factors and some simple ways you can build these factors in your own family.

Protective Factor and What It Means	What You Can Do
<p><b>Nurturing and Attachment:</b> Our family shows how much we love each other.</p>	<ul style="list-style-type: none"> <li>• Take a few minutes at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.</li> <li>• Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as “I spy”).</li> </ul>
<p><b>Knowledge of Parenting and Child Development:</b> I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.</p>	<ul style="list-style-type: none"> <li>• Explore parenting questions with your family doctor, child’s teacher, family, or friends.</li> <li>• Subscribe to a magazine, website, or online newsletter about child development.</li> <li>• Take a parenting class at a local community center (these often have sliding fee scales).</li> <li>• Sit and observe what your child can and cannot do.</li> <li>• Share what you learn with anyone who cares for your child.</li> </ul>
<p><b>Parental Resilience:</b> I have courage during stress and the ability to bounce back from challenges.</p>	<ul style="list-style-type: none"> <li>• Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea.</li> <li>• Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.</li> <li>• Share your feelings with someone you trust.</li> <li>• Surround yourself with people who support you and make you feel good about yourself.</li> </ul>

## Keeping Your Family Strong (continued)



<p><b>Social Connections:</b></p> <p>I have friends, family, and neighbors who help out and provide emotional support.</p>	<ul style="list-style-type: none"> <li>• Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.</li> <li>• Join a playgroup or online support group of parents with children at similar ages.</li> <li>• Find a church, temple, or mosque that welcomes and supports parents.</li> </ul>
<p><b>Concrete Supports for Parents:</b></p> <p>Our family can meet our day-to-day needs, including housing, food, health care, education, and counseling. I know where to find help if I need it.</p>	<ul style="list-style-type: none"> <li>• Make a list of people or places to call for support.</li> <li>• Ask the director of your child’s school to host a Community Resource Night, so you (and other parents) can see what help your community offers.</li> <li>• Dial “2-1-1” to find out about organizations that support families in your area.</li> </ul>
<p><b>Social and Emotional Competence of Children:</b></p> <p>My children know they are loved, feel they belong, and are able to get along with others.</p>	<ul style="list-style-type: none"> <li>• Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.</li> <li>• Talk with your children about how important feelings are.</li> <li>• Teach and encourage children to solve problems in age-appropriate ways.</li> </ul>

This tip sheet was created with information from experts in national organizations that work to prevent child maltreatment and promote well-being, including the Strengthening Families Initiatives in New Jersey, Alaska, and Tennessee. At <https://www.childwelfare.gov/preventing/promoting/parenting> you can download this tip sheet and get more parenting tips, or call 800.394.3366.

# 30 Ways for Programs to Promote Child Well-Being During National Child Abuse Prevention Month

## April 2013

Community Awareness	Nurturing and Attachment	Knowledge of Parenting and of Child and Youth Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Help a parent "catch their child being good."	<b>2</b> Praise good parenting when you see it.	<b>3</b> Invite someone in to help parents learn about managing stress.	<b>4</b> Create a handout for families with community resources linked to each protective factor.	<b>5</b> Add children's books about feelings to your program's library.	<b>6</b> Organize "stroller walks" with new parents. Talk about their challenges as you walk.
<b>7</b> Put the protective factors on your outreach materials.	<b>8</b> Create a board game library for families.	<b>9</b> Have parenting tips handy for parents dealing with challenging issues.	<b>10</b> Make "how are you?" phone calls to families in the program.	<b>11</b> Invite a community partner to present a new resource for families.	<b>12</b> Role play emotions with kids—what do you do when you're happy, sad, or frustrated?	<b>13</b> Host a potluck or cultural celebration.
<b>14</b> Plant a pinwheel garden as a reminder of the bright futures all children deserve.	<b>15</b> Arrange a kickball or soccer game for dads and kids.	<b>16</b> Learn about parenting practices of a different culture. Share this information with families.	<b>17</b> Recognize parent accomplishments.	<b>18</b> Visit a program where you refer families, so you'll know what it's like.	<b>19</b> Train your staff on how trauma and loss affect children.	<b>20</b> Encourage parents to support each other through phone trees, car pools, or play groups.
<b>21</b> Invite community partners to think about how they can build protective factors.	<b>22</b> Offer parents materials for a craft that they can make with their child.	<b>23</b> Talk to parents in your program about discipline alternatives.	<b>24</b> Help parents set goals and solve problems.	<b>25</b> Let parents use the center's computers for personal business (e.g., writing resumes, email).	<b>26</b> Teach kids to resolve conflicts peacefully.	<b>27</b> Create a "positive parenting club" where parents can share their success stories.
<b>28</b> Create a calendar of community events for families.	<b>29</b> Create a cozy "book nook" where parents can read to their children.	<b>30</b> Have a conversation with a parent about where their child is developmentally.				

**Child Welfare Information Gateway**  
<https://www.childwelfare.gov/preventing>

**Friends of the Family Center**  
<http://www.friendsnrc.org>

**ACF Children's Bureau**  
 U.S. Department of Health and Human Services  
 Administration for Children and Families  
 Children's Bureau  
<http://www.acf.hhs.gov/programs/cb>

\* Daily activities submitted by Prevention Partners and local Strengthening Families sites.  
<http://www.strengtheningfamilies.net>

# 30 Ways for Parents to Promote Child Well-Being During National Child Abuse Prevention Month

## April 2013

Protective Factors	Nurturing and Attachment		Knowledge of Parenting and of Child and Youth Development		Parental Resilience		Concrete Supports for Parents		Social and Emotional Competence of Children		Social Connections	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
	<b>1</b> Read a book to your child.		<b>2</b> Write down questions for your next appointment with your child's doctor.	<b>3</b> Make a list of your personal accomplishments.	<b>4</b> Talk to friends about organizing a babysitting co-op.	<b>5</b> Establish a daily routine so your child knows what to expect.	<b>6</b> Get outside! Chat with neighbors or visit a local park with your child.					
<b>7</b> Talk to your faith community about ways to be more supportive of parents.	<b>8</b> Have a family game night! Even young children can play board games on an adult's "team."	<b>9</b> Explore the world from your child's point of view.	<b>10</b> Set goals for yourself and list the steps you will need to take to accomplish them.	<b>11</b> Find out what classes your library or community center offers. Sign up for one that interests you.	<b>12</b> "Catch" your children being good. Praise them often.	<b>13</b> Make a play date with friends who have children the same ages as yours.						
<b>14</b> Plant a pinwheel garden with your child in your front yard, near your mailbox, or on your front porch.	<b>15</b> Ask your children who is important to them.	<b>16</b> Reflect on the parenting you received as a child and how that impacts how you parent today.	<b>17</b> Make time to do something YOU enjoy.	<b>18</b> Dial "2-1-1" to find out about organizations that support families in your area.	<b>19</b> Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	<b>20</b> Find and join a local parent support group or online community.						
<b>21</b> Hold, cuddle, and hug your children often.	<b>22</b> Make something with your child. Arts and crafts are fun for adults, too!	<b>23</b> Find a local parenting class or workshop.	<b>24</b> Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	<b>25</b> Ask your school principal or PTA to host a community resource night.	<b>26</b> Teach your child to resolve conflicts peacefully.	<b>27</b> Visit churches, temples, or mosques until you find one that meets your children's needs.						
<b>28</b> Host a potluck dinner with neighborhood families to swap parenting stories.	<b>29</b> Volunteer at your child's school.	<b>30</b> Sit and observe what your child can and cannot do. Discuss any concerns with your child's teacher.	 <p><b>Child Welfare Information Gateway</b> <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a> strengthening families <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a></p>  <p><b>ACF</b> Children's Bureau</p>  <p>U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>									

\* Daily activities submitted by National Child Abuse Prevention Partners and Community-Based Child Abuse Prevention (CBCAP) providers.

# 30 Ways for Community Partners to Promote Child Well-Being During National Child Abuse Prevention Month

## April 2013

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and of Child and Youth Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> Create a "recording studio" for parents to record stories for their children. Partner: Local public broadcasting station	<b>1</b> Create a "recording studio" for parents to record stories for their children. Partner: Local public broadcasting station	<b>2</b> Sponsor a "New Dads Boot Camp" or "New Moms Circle of Care." Partners: Hospital, birthing center, home visiting program	<b>3</b> Host a series on parenting when times are tough. Partners: Churches and other faith communities	<b>4</b> Hold a family ice cream social. Partner: Ice cream shop	<b>5</b> Invite families to a "Help Exchange" where they learn about local services. Partners: Local shops (to donate prizes, offer samples)	<b>6</b> Offer acting classes to build kids' ability to name and recognize emotions. Partner: Theater company	
<b>7</b> Sponsor a "community visioning" event to gauge interest in launching a protective factors agenda in your community. Partners: Communitywide	<b>8</b> Promote family-friendly employment policies. Partner: Local businesses	<b>9</b> Bring parent education resources to homeless families. Partner: Homeless shelter	<b>10</b> Offer workshops for parents on stress relief and relaxation. Partner: Child care resource and referral agency	<b>11</b> Create a monthly newsletter with free local events for families. Partners: Churches, schools	<b>12</b> Encourage families to review local service providers on Yelp.	<b>13</b> Engage youth to create a presentation on bullying and help them find performance venues. Partners: Theaters, schools	
<b>14</b> Form a Strengthening Families Leadership team. Partners: elected officials, home visitors, kindergarten teachers, social workers, philanthropists, clergy	<b>15</b> Encourage screening for parental depression in pediatric offices. Partner: American Academy of Pediatrics chapter	<b>16</b> Create a parent resource library at your office Partner: Local business, service providers	<b>17</b> Host trainings and provide tip sheets on empathetic listening for those who work with families. Partner: Community center	<b>18</b> Create rituals for welcoming new families to your community. Partners: Realtors, Newcomers Clubs, PTAs	<b>19</b> Bring prevention providers to locations that are appealing to parents Partners: Recreation centers, libraries, shopping centers, schools	<b>20</b> Provide families with books and toys focused on young children's feelings and experiences. Partner: Children's stores	
<b>21</b> Get commitments to build protective factors year round. Partners: City council members, community groups	<b>22</b> Set up a parenting display near the children's book section at your library. Include information and books on behavior, emotions, etc.	<b>23</b> Offer dad's classes or support for visitation for incarcerated fathers Partner: Correctional facilities	<b>24</b> Create a "Dream Board" for families to share their goals and dreams. Incorporate these into a collaborative service plan for your community.	<b>25</b> Hold family-friendly events (e.g., potluck dinners, movie nights with discussion afterwards). Partners: Libraries, community centers	<b>26</b> Create a community swap event for families to trade items such as books, school supplies, or clothes. Partner: Civic association	<b>27</b> Create a video library for parents, focused on children's social/emotional development. Partner: Libraries	
<b>28</b> Publish a list of "ten things you can do to strengthen families" in your community. Partners: Local media, businesses	<b>29</b> Share resources with family-friendly businesses on protective factors, child development, parenting skills, and stress reduction.	<b>30</b> Host a workshop on observing and supporting young children at play. Partners: National Movement for American Children Partners	 <p><b>Child Welfare Information Gateway</b> <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a> strengthening families <a href="http://www.strengtheningfamilies.net">http://www.strengtheningfamilies.net</a></p>			 <p><b>ACF</b> U.S. Department of Health and Human Services Administration for Children and Families Child Welfare Bureau</p>	 <p><b>Children's Bureau</b> U.S. Department of Health and Human Services Administration for Children and Families Child Welfare Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>

\* Daily activities submitted by National Movement for American Children Partners.

## ATTACHMENTS

### PHOTO RELEASE FORM

### CAP MONTH POSTERS

\*2013 Preventing Child Maltreatment and Promoting Well-Being Resource Guide: A Network for Action Complete Guide is available for download - <https://www.childwelfare.gov/pubs/guide2013/guide.pdf>

## **ATTACHMENTS** *2013 CAP Month Toolkit*

Family Support and Prevention Service, Oklahoma State Department of Health  
1000 NE 10th Street, Oklahoma City, Ok 73117, Phone: 405.271.7611 Fax: 405.271.1011

## **Use of OSDH Photographic/Video Consent Release Form**

Whenever photographs are taken or video tapes are made by the Office of Communications, a signed consent release form (OSDH - Photographic/Video Consent Release Form, OSDH Form #695) must be filled out and signed by all photographic/video subjects.

When requesting photo/video production to be performed by the Office of Communication, it is the requesting party's responsibility to procure and maintain a signed photo/video consent release form (OSDH - Photographic/Video Consent Release Form, OSDH Form #695) from all on-camera participants, as all photographs and tapes made become the property of the initiating division/service. Blank forms are available from the Office of Communications, Room 406.

# Oklahoma State Department of Health

## Photograph/Video Consent Release Form

I give to the **Oklahoma State Department of Health** permission to use, Publish, and republish in the furtherance of its work, photographic/video reproductions of my likeness made this day.

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Name** (please print)

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Street Address**

\_\_\_\_\_  
**City, State, zip**

### **Consent of Parent or Legal Guardian if above individual is a minor**

I consent and agree, individually and as a parent or legal guardian of the minor named above, to the foregoing terms and provisions.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Name** (please print)

\_\_\_\_\_  
**Street Address**

\_\_\_\_\_  
**City, State, Zip**

\_\_\_\_\_  
**Photographer**

\_\_\_\_\_  
**Date**

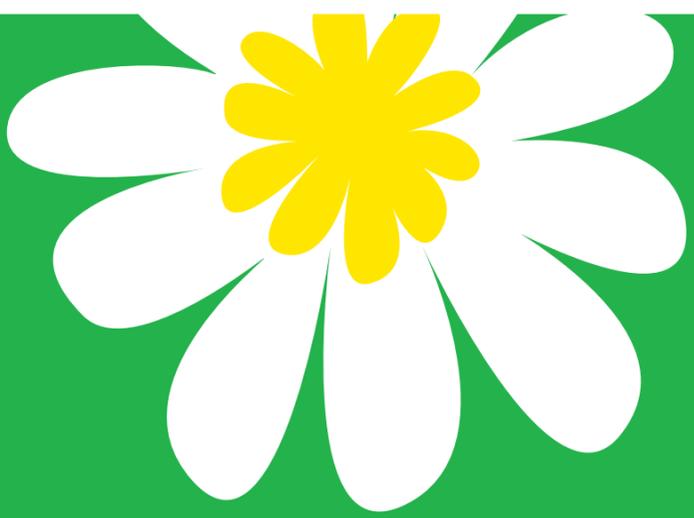
APRIL is

Child

Abuse

PREVENTION

month



 Family Support &  
Prevention Service  
Oklahoma State  
Department of Health

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# It's Your Turn

Learn how to

# Care for Kids

**Have a plan.**  
A crying baby can be frustrating. Learn ways

**to calm your baby.**  
Have friends **that can**

*care for your baby when you need a break.*

**Help**  
VOLUNTEER.  
programs **serve** families  
by donating your time  
**talent**  
ON

**EMERGENCY**  
and others  
about  
Check out books and videos from  
the library  
or attend parenting classes.

**BE A NURTURING**  
adult in a child's life.  
**Children need to**  
know they are special,  
**loved and**  
capable of  
following  
**their**  
dreams.

**Keep kids SAFE**

**Make sure caregivers**  
*are kind and loving*  
to your child at all times.  
**CONNECT** with families.

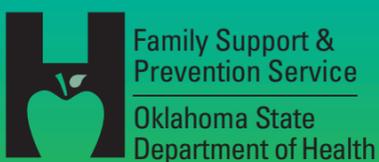
**Pass down children's clothing.**  
*Carpool. Help care for others' children.*

**MONITOR children.**  
**Don't forget older children**  
*need parents too.*

*Know your children's grades, friends, television shows and music.*

**Get INVOLVED.**  
**Ask your neighbors**  
*to get involved*  
**too.**

**Wondering what you can do to prevent abuse?**  
**Contact Family Support & Prevention Service**  
**fsps.health.ok.gov 405.271.7611**



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# It's your turn to Celebrate Families



**show love & affection**  
Children need to know their parents love them. Show caring by saying "I love you" or "I'm happy we're in this family together." Show affection in other small ways by giving hugs or enjoy remembering family stories together.

**communicate**  
Talk to one another about important decisions. Share feelings as well as day-to-day activities at school or work. When there are conflicts, cool down before responding. Talk about possible solutions and work together to carry out the best one.

**spend time together**  
Talk, read, play games or take walks. Create special times that involve closeness, like reading a good-nite story and tucking your children into bed with a kiss.

**show commitment**  
Make time for family events. Share traditions: have a family picnic or take walks together after dinner. Make sacrifices for one another.

**grow through crisis**  
Even bad experiences can bring about good changes and help you to become closer. Use these experiences to learn and grow. Admit problems instead of hiding them and seek help when needed.

**have fun**  
Plan family trips or parties. Know that laughter is important and use humor to help reduce stress. Family members laugh with one another, not at one another.

**build trust**  
Build trusting relationships by following through with promises.

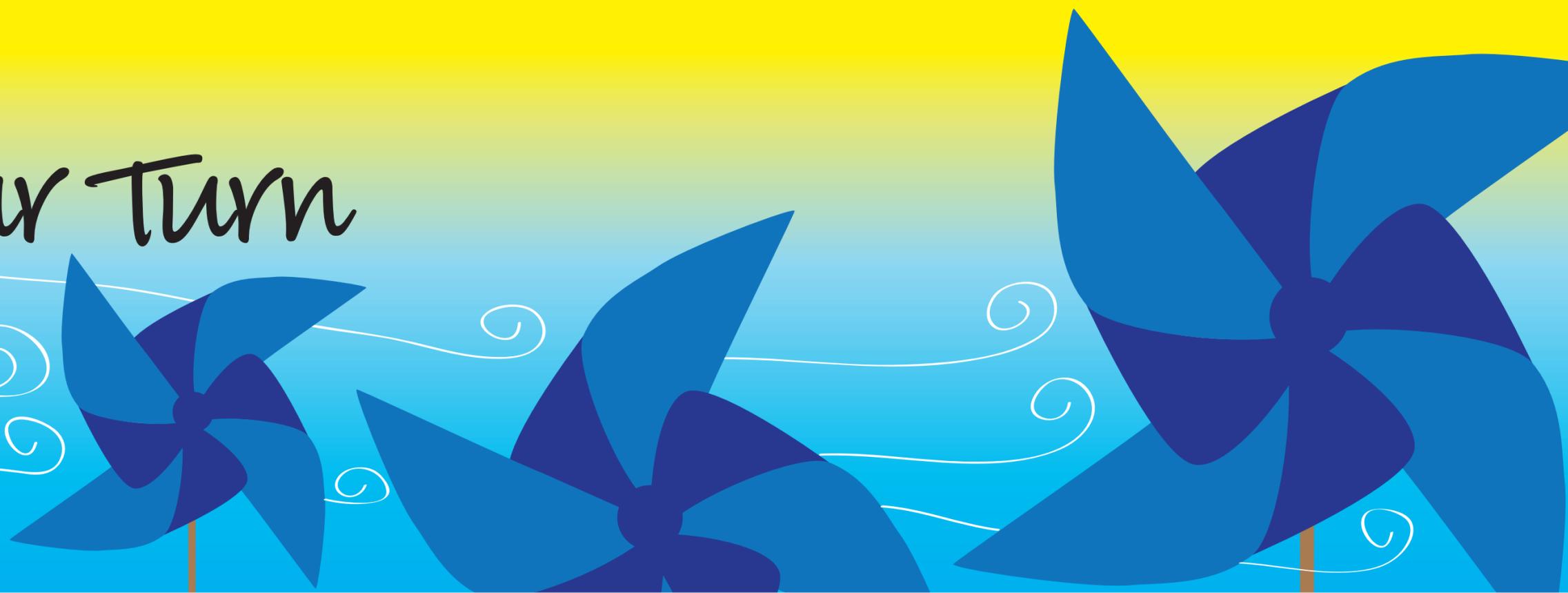
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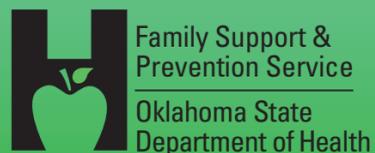
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# It's your turn



Whether you're a parent, grandparent, teacher, neighbor, coach, or bus driver—everyone has a role in developing healthy, happy kids. It's that simple. It's your turn.



**Wondering what you can do to prevent abuse?  
Contact Family Support & Prevention Service  
fsps.health.ok.gov 405.271.7611**

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# It's Your Turn

If you suspect it, **REPORT** it.



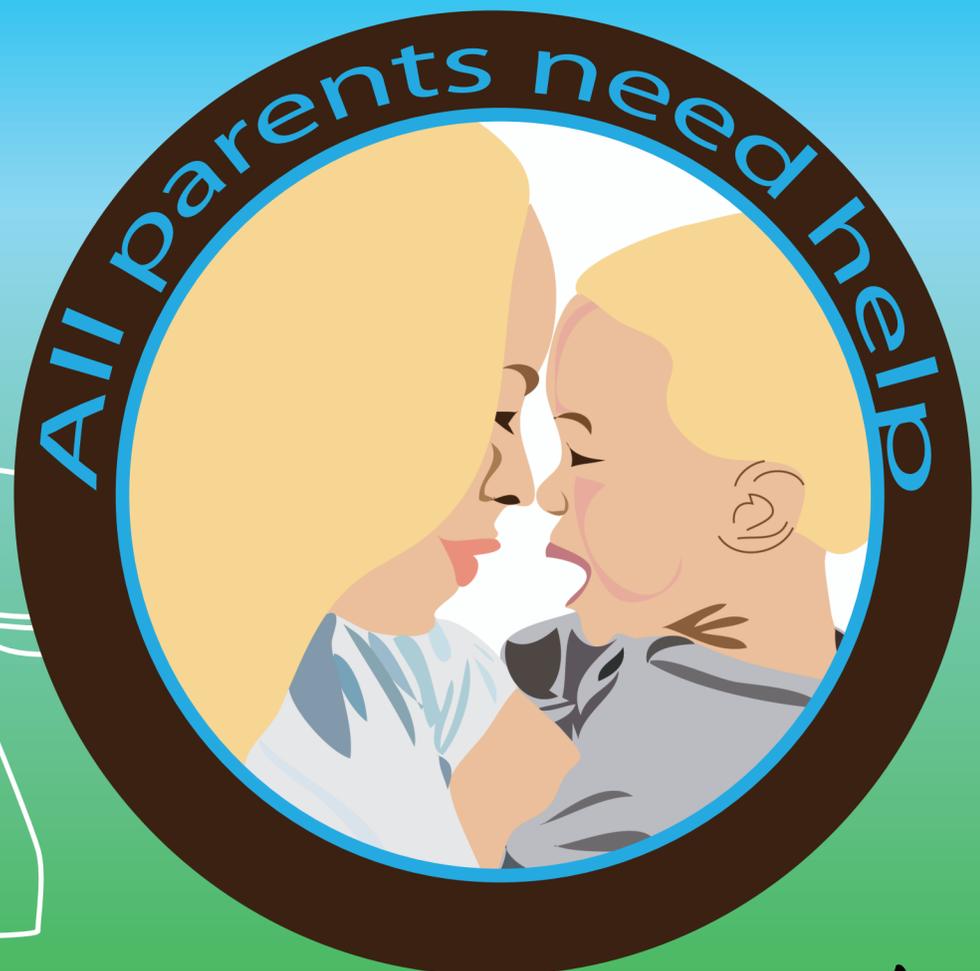
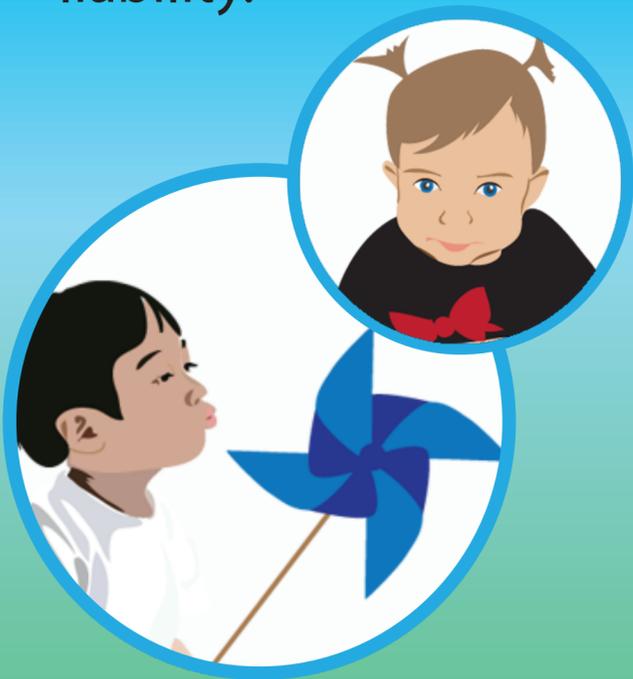
## WHO MUST REPORT?

Every person in Oklahoma who has reason to believe that a child under 18 has been abused or neglected or is in danger of being abused or neglected is required by law to promptly make a report. Failure to report child abuse is a misdemeanor offense. A person who reports suspected abuse in "good faith" is immune from criminal and civil liability.

## HOW TO REPORT?

If you suspect abuse or neglect, call your local Department of Human Services or the Oklahoma Child Abuse Hotline: 1.800.522.3511.

If the child is in imminent danger, contact 911 or local law enforcement.



Wondering what you can do to prevent abuse?  
Contact Family Support & Prevention Service  
[fsps.health.ok.gov](http://fsps.health.ok.gov) 405.271.7611

# It's your turn help

Stressed out parents



All parents need help

All parents can be challenged while out with their children in public, especially when the child is tired, hungry, confined or bored. We can lessen parents stress by doing the following:

- 1) BE KIND and supportive.
- 2) CONNECT with the parent or child. Start a friendly conversation to distract the child or empathize with the parent, "It's not easy, is it? I remember when my kids were that age."
- 3) PRAISE the parent or child. Find something positive to say about the parent or child. For example, "That's a pretty dress your daughter is wearing. Where did you get it?"
- 4) AVOID negative looks or comments. This may only increase the adult's anger, making things worse for the child.
- 5) ASSIST the parent by offering help. Examples include offering to read a book in a waiting room or providing an extra set of hands at the supermarket.
- 6) REACH OUT to kids and parents in your community. Anything you do to support kids and parents helps to reduce the likelihood of child abuse and neglect.

**Wondering what you can do to prevent abuse?  
Contact Family Support & Prevention Service  
fsps.health.ok.gov 405.271.7611**