

New Hampshire Children's Trust  
2023 RESOURCE GUIDE

# Building Together

PREVENTION IN PARTNERSHIP

Now with  
fun activities  
and Oprah!



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*Can you  
find the  
fun activities?*



# message from **THE EXECUTIVE DIRECTOR**

Spring is once again upon us and with it comes the opportunity to celebrate New Hampshire's children, our most valuable resource that shapes all of our futures. Commitment and partnership lead the work of building solid foundations for that future—making sure Granite State families have what they need so children grow up happy, healthy, and free from harm.

It's what Child Abuse **PREVENTION MONTH** is all about: using upstream thinking to identify strategies that build family strength and resilience before challenges occur.

The research is clear. When caregivers have access to concrete supports, parenting strategies and knowledge of child development, along with social connections, they can do what they do best—create a nurturing environment in which their children thrive.

**Prevention is possible.** And we get there in partnership, by building supportive communities and strong families together.

So, this April we invite you to partner with the Children's Trust in celebration of family strength and all the New Hampshire organizations that make it possible. Whether it's advocating for family-friendly policies, referring a friend to their local Family Resource Center, or helping a loved-one or yourself find the road to recovery, **we all play a role in prevention.**

This guide shows how you can be a part of the joy that helps strengthen families.

You can also visit [nhchildrenstrust.org](https://nhchildrenstrust.org) to discover other ways you can help.



A handwritten signature in blue ink that reads "Cliff Simmonds". The signature is fluid and cursive.

**Cliff Simmonds**

*Executive Director, New Hampshire Children's Trust*



# A LITTLE THING CALLED

*joy*



A family's joy is as unique as the family itself. Gathering around the dinner table for game night. A sporting event or music recital. Slipping down a park slide or a silly dance-off. Or maybe the family pet chasing its tail.

**Whatever it looks like, joy is a key ingredient in family strength and resilience.**

Because when we create (or even recognize) moments of joy, stressors decrease and resilience increases. And in that space, good things happen: meaningful social connections, the sharing of parenting tips and strategies, a recommendation to join a caregiver group, or perhaps a chance to tell your story.

**Yes, joy is as individual as we are, but its importance is undeniable.**

And the best part? Joy can start anywhere. On a couch, in a checkout line, at your local Family Resource Center. Anywhere.

Thankfully, it spreads through our relationships with others and to the community at large. No matter where it begins or in what direction it travels, let's see if we can't spread a little joy to a family today.

*Thank you*  
**PCA AMERICA**  
&  
*Oprah Winfrey*

FOR FEATURING GRANITE STATE FAMILIES!

MOMENTS OF JOY



CHECK OUT THE ORIGINAL [VIDEO!](#)



# our supportive **PARTNERSHIPS**



## What is **PREVENTION** **IN PARTNERSHIP?**

**PREVENTION** takes all of us.

It occurs when everyone comes together in **PARTNERSHIP** to build positive futures for children.

NH Children's Trust would **LOVE** to help your organization spread the word about primary prevention, and how to **BE PREVENTION** at home, work, or in your community.

Connect with NHCT today!

## **HOW DO WE BUILD SUPPORTIVE COMMUNITIES?**

It begins by recognizing each day is an opportunity to build the foundations for our future. And like all good things, building healthy communities requires hard work and a commitment from each and every one of us. We all have a role in ensuring children have positive experiences, families have the resources they need when they need them, and that policies and programs put families first especially during uncertain, stressful times. But sometimes, building for the future means deconstructing the past.

## **WHY IS IT CRITICAL?**

Because you can't build strong communities on faulty foundations. Yet, when we focus on addressing underlying causes that lead to health and social inequities, everyone benefits: children, parents and caregivers, our institutions and the many systems we rely on every day — **STRONGER TOGETHER**. Proactively addressing inequity and injustice allows us to support safe, stable, and nurturing environments for all Granite Staters whether they have children or not.

## **LET'S CONNECT!**

Email us at [info@nhchildrenstrust.org](mailto:info@nhchildrenstrust.org) to explore ways that we, together, can build strong families and more supportive communities.

**Building Together**  
PREVENTION IN PARTNERSHIP

# be an AMBASSADOR

## HOW YOU CAN HELP:

Prevention is a community effort. When parents and caregivers have access to resources, children thrive, families are stronger and more resilient, and New Hampshire prospers.

**It's simple: Investing in families and the network of supports they need creates a better New Hampshire.**

## April is Prevention Month!



### WEAR BLUE!

Friday, March 31 is Wear Blue Day! Wear BLUE for Prevention. Take a picture and send it to us to be featured!



### CONNECT WITH US

Follow our [Facebook](#), [Instagram](#), [LinkedIn](#) and [YouTube](#) pages—like and share our posts!



### PROMOTE ON SOCIAL MEDIA

Download our social media calendar and assets and share them on your feeds!



### DOWNLOAD OUR GUIDE

Download the 2023 Prevention Month Resource Guide. Explore all the resources!



### PARTNER WITH US

NHCT would **LOVE** to help you spread the word about primary prevention. Email us to ask how!



### LISTEN TO OUR PODCAST

Tune in to our podcast, [NH Family Now](#)—share it with your friends!



### EMAIL YOUR CONTACTS

Send a personalized email to your contact list about what Prevention means to you and how we can all get involved!



### DONATE

Make a gift to NHCT at: [nhchildrenstrust.org/donate](https://nhchildrenstrust.org/donate)

Download our social media assets, Resource Guide, Parent Activity Calendar, #UNselfie template and more at [www.nhchildrenstrust.org/prevention](https://www.nhchildrenstrust.org/prevention)

## HAVE QUESTIONS?

Contact us at [communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org)

Friday, March 31<sup>st</sup> is  
**WEAR BLUE**

*day!*



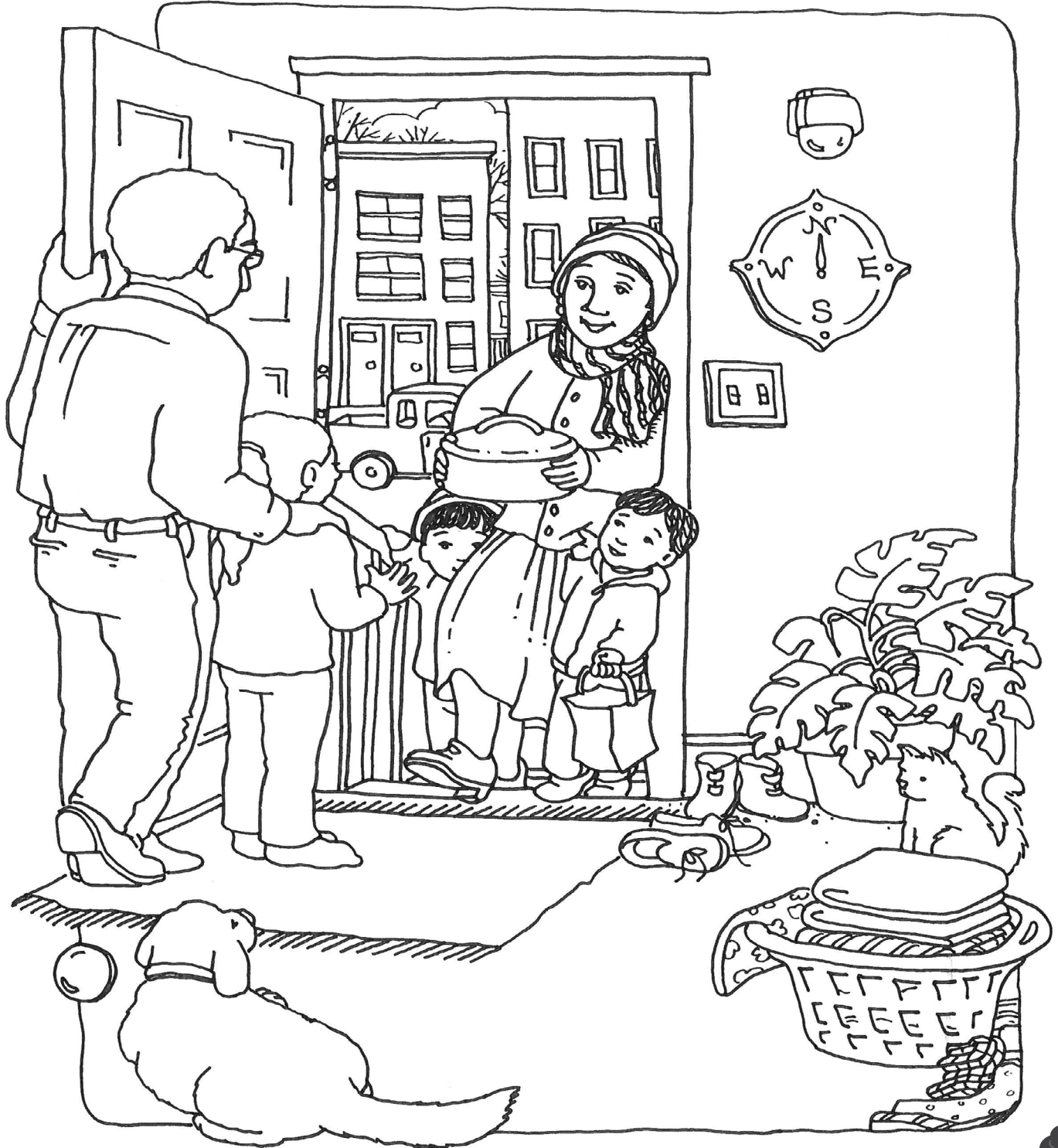
**APRIL IS PREVENTION MONTH!**

Raise awareness by sharing a photo of yourself on  
**March 31st** using the hashtag **#WearBlueDay2023**

Share it with us at  
[communications@nhchildrenstrust.org](mailto:communications@nhchildrenstrust.org) or tag us @nhchildrenstrust



The great thing about family is that it comes in all shapes and sizes. Grandparents caring for grandchildren, aunts and uncles caring for nieces and nephews, community members and family-friends – no matter what your family looks like, we all need support from time to time. And even though it may feel hard to ask for help or assistance, it is nearby.



*Another great thing? Your family's needs are as unique as you are!*

While support can also come in many forms, it connects caregivers throughout the Granite State. Because the more support we have, the stronger we grow as caregivers, families and a community.



# #UNSELFIE

*we are*

PREVENTION

when...

2023 PREVENTION MONTH | #WeArePrevention



# SAVE THE DATE

NH Gives is June 6th to 7th! Join us for New Hampshire's largest day-of-giving!

We all have a role to play in preventing child abuse and neglect. Learn more and GIVE at:

[www.nhgives.org/organizations/nhct](http://www.nhgives.org/organizations/nhct)

# NH GIVES

#NHGives #IamPrevention



## KINSHIP NAVIGATION PROGRAM

Rooted within NH's Family Resource Centers, the Kinship Navigation Program links grandparents and other relative caregivers to the services and supports specific to their family's needs.



*Kinship Navigation is about helping families recognize their strengths, build support systems, and advocate for themselves.*





JENNIFER CONN, *Kinship Navigator*

[www.nhchildrenstrust.org/kinship](http://www.nhchildrenstrust.org/kinship)





# parent ACTIVITY CALENDAR

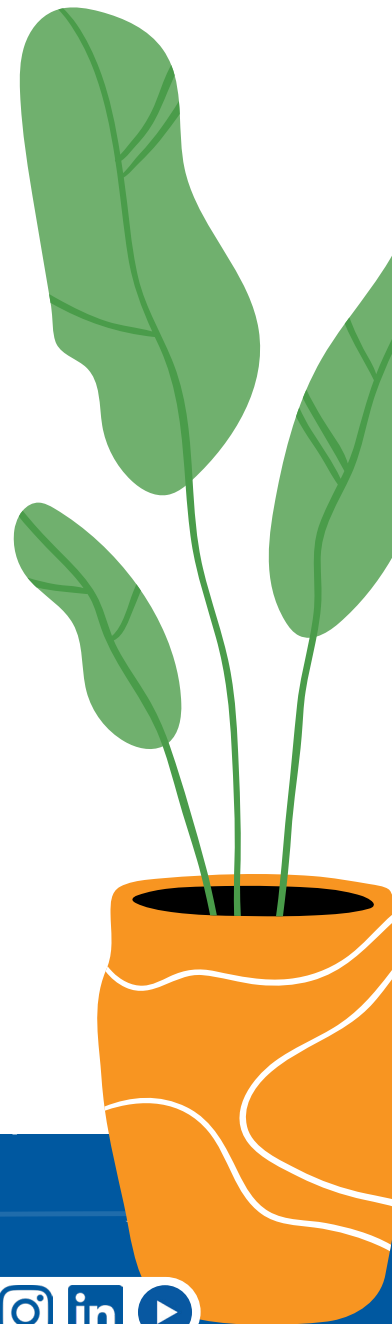
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	1	
<p><b>Gear Up for April by connecting with us on social media!</b>    </p>						<p>WEAR BLUE! Send a picture of you or your family to <a href="mailto:communications@nhchildrenstrust.org">communications@nhchildrenstrust.org</a></p>	<p>Download our <a href="#">2023 Prevention Month Resource Guide</a> and share the content with friends, family, and colleagues!</p>
<p><b>2</b></p> <p>Celebrate CAP Month with our SUNDAY PODCAST REWIND. Hear PCAA's Dr. Merrick now: <a href="https://bit.ly/3z5ad52">https://bit.ly/3z5ad52</a></p>	<p><b>3</b></p> <p>It's the WEEK of the YOUNG CHILD! Visit <a href="http://naeyc.org">naeyc.org</a> to learn more about NAEYC's federal agenda, advocacy resources, and current policy initiatives.</p>	<p><b>4</b></p> <p>Gather up some simple supplies and try a baking session that teaches math conversations and calculations! Learn more <a href="#">HERE!</a></p>	<p><b>5</b></p> <p>It's WORK TOGETHER Wednesday! Join <a href="#">Eric Litwin</a> and <a href="#">Dr. Gina Pepin</a> to learn how to turn environments in to "reading playgrounds."</p>	<p><b>6</b></p> <p>For <a href="#">ARTSY THURSDAY</a>, grab your scissors, some glue and paper, and plenty of creativity! Art projects are a great way to encourage development!</p>	<p><b>7</b></p> <p>FAMILY FRIDAY is a perfect time to focus on storytelling, observation, and books! Be your child's first teacher through <a href="#">activities and interaction!</a></p>	<p><b>8</b></p> <p>Make time to do something <a href="#">YOU enjoy</a>. Recharging your caregiving batteries helps the entire family be strong and resilient.</p>	
<p><b>9</b></p> <p>Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you admire.</p>	<p><b>10</b></p> <p>Lend a helping hand! Let a neighbor know if you have a skill or equipment you're willing to share to help them if they need it.</p>	<p><b>11</b></p> <p>Lift up a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see, they are doing a great job.</p>	<p><b>12</b></p> <p>Tune into today's episode of the <a href="#">NH Family NOW</a> podcast for a conversation about strengthening families across NH!</p>	<p><b>13</b></p> <p>Become a tutor or mentor! Being a positive role model in a child's life can impact their success later on.</p>	<p><b>14</b></p> <p>Show a small act of kindness to a friend, colleague, or neighbor, like buying them coffee or helping unload groceries!</p>	<p><b>15</b></p> <p>Arrange a playdate! Invite the kids (and caregivers) over to play or make plans to go for an outing together.</p>	
<p><b>16</b></p> <p>Celebrate CAP Month with our SUNDAY PODCAST REWIND. Hear PCAA's Dr. Kilka now: <a href="https://bit.ly/3K1eQDF">https://bit.ly/3K1eQDF</a></p>	<p><b>17</b></p> <p>Make a list of all the ways you are resilient. Encourage others in your family to do the same. Look for similarities.</p>	<p><b>18</b></p> <p>Refer a friend, family member, or acquaintance to their local Family Resource Center today. Find an FRC today at <a href="http://ESNH.org">ESNH.org!</a></p>	<p><b>19</b></p> <p>Consider donating nutritious and culturally appropriate food to your local food pantry.</p>	<p><b>20</b></p> <p>Contact your local FRC or community agency to see if there are any upcoming volunteer opportunities!</p>	<p><b>21</b></p> <p>Shop locally! When you support a local business, your dollar is a direct investment in your community.</p>	<p><b>22</b></p> <p>Initiate a get-together with other families in your neighborhood! Ask everyone to bring their favorite food or beverage.</p>	
<p><b>23</b></p> <p>Watch the <a href="#">Moments of Joy</a> video on our social feeds, featuring Granite State families! Share it with your network.</p>	<p><b>24</b></p> <p>Attend a city council meeting and get to know what's going on in your community.</p>	<p><b>25</b></p> <p>Find organizations involved in anti-racism efforts, preferably led by people of color, and help uplift their voices and ideas.</p>	<p><b>26</b></p> <p>Tune into today's episode of the <a href="#">NH Family NOW</a> podcast, a conversation about strengthening families across NH!</p>	<p><b>27</b></p> <p>Contact <a href="#">New Futures</a> and <a href="#">MomsRising</a> to find out how you can advocate for family friendly policies and initiatives throughout NH!</p>	<p><b>28</b></p> <p>Participate in a community survey! They help advocates and decision-makers understand the needs and experiences of your community.</p>	<p><b>29</b></p> <p>Call your local State legislator about upcoming legislation you would like them to support/oppose. Learn more <a href="#">HERE</a></p>	
<p><b>30</b></p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	
<p><b>Stay engaged with us online as we continue to build together!</b></p>							

# my family CHECKLIST

- ✓ My family has access to basic needs. *Concrete Support in Times of Need*
- ✓ I will continue to have courage during stress or after a crisis. *Parental Resilience*
- ✓ I know what my child needs as they grow and develop. *Knowledge of Parenting & Child Development*
- ✓ I have friendships with people who support me and my parenting. *Social Connections*
- ✓ My child feels loved, has a sense of belonging, and can get along with others. *Social & Emotional Competence of Children*

Draw a picture of your home or family below. What makes it strong and successful?

now you try!



Families gain what they need to be successful when **key protective factors** are robust in their lives and communities. **FOLLOW US TO LEARN MORE!**





# Building Together

PREVENTION IN PARTNERSHIP

We all have a role to play in healthy New Hampshire families and safer, more supportive communities.



## FAMILY SUPPORT NEW HAMPSHIRE

*Bringing together the diverse leadership of family resource centers and family support programs under the common vision of establishing a statewide network of family support practice throughout the Granite State.*

**Learn more and contact your local Family Resource Center at [www.fsnh.org](http://www.fsnh.org)**





# constellations OF CONNECTION



Long ago people used to connect stars into patterns, shapes, and figures. Can you follow the numbers to create the Little Bear (Ursa Minor)? Now try the Big Bear (Ursa Major)!

## 10 *loving gifts* FOR FAMILIES

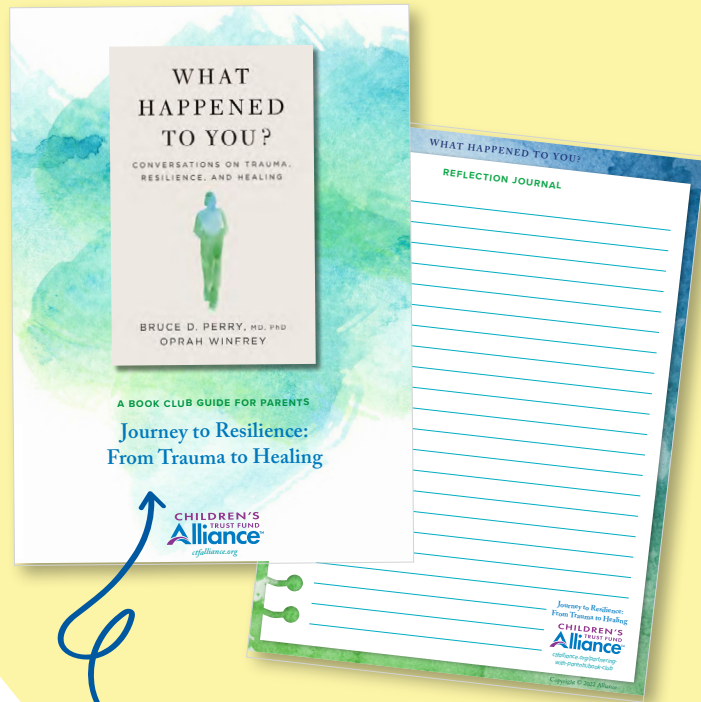
- 1. Time.** Have the neighbor's kids over for a few hours to give parents time to reconnect and recharge.
- 2. Hands.** Lending a helping hand can come in many forms—a home-cooked meal, offering care, or providing transportation. Get creative with the ways you can help out!
- 3. Groceries.** No one should ever have to worry about how they are going to feed their family. The gift of groceries means parents can have a little extra cash to put into their savings.
- 4. Diapers.** It's amazing how many diapers an infant can go through in a week. A case of diapers keeps babies clean and parents less stressed.
- 5. Connection.** Everyone needs a listening ear or a shoulder to lean on sometimes. Check in with friends and family—texts, emails, or phone calls all help.
- 6. Community resources.** Parents aren't always aware of what resources are available to them in their own communities. Introduce them to parenting support groups, play groups, and the wealth of information a Family Resource Center has to offer.
- 7. Concrete support.** Every family deserves to have their basic needs met. Donate food or clothing or offer transportation or a full tank of gas to a family who needs it.
- 8. Fun!** Give parents some time to themselves by arranging a playdate! Go to the park, visit a museum, or just hang out.
- 9. Voice.** Be an advocate for those in your community. Share what you learn about the needs of those around you and tell people what you are doing to make a difference.
- 10. Encouraging words.** Parenting is exhausting, confusing, and frustrating at times. Being in a parent's corner makes all the difference!

# CHILDREN'S TRUST

## media list

With a variety of media recommendations from the Children's Trust Programs staff, there is something for everyone to explore the importance of prevention and the building blocks of supportive communities, strong families, and safe kids!

This list is not inclusive of every resource available to readers, listeners, and viewers. While we encourage everyone to explore the resources below, we also hope each of you will continue learning, sharing, and discovering together.



**What Happened to You?**  
**Conversations on Trauma, Resilience, and Healing**  
by Dr. Bruce Perry and Oprah Winfrey

### BOOKS FOR ADULTS:

- [Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard](#), by Liz Murray
- [Educated: A Memoir](#), by Tara Westover
- [Bowling Alone: Revised and Updated: The Collapse and Revival of American Community](#), by Robert Putnam
- [Our Kids: The American Dream in Crisis](#), by Robert Putnam ([interview with the author](#))
- [The Upswing: How America Came Together a Century Ago and How We Can Do It Again](#), by Robert Putnam
- [The Deepest Well: Healing the Longterm Effects of Childhood Trauma and Adversity](#), by Nadine Burke Harris

### BOOKS FOR CHILDREN:

- [Strictly No Elephants](#), by Lisa Mantchev ([Spanish edition](#))
- [Hair Love](#), by Matthew Cherry
- [The Cool Bean, The Good Egg, The Bad Seed, The Couch Potato](#) (collection), by Jory John
- [Gregory Dragon is Just the Same](#), by Greg L. Sullivan, Jr.
- [The Invisible String](#), by Patrice Karst
- [Paper Bag Princess](#), by Robert Munsch
- [Rainbow Fish](#), by Marcus Pfister ([Spanish edition](#))

### FILMS:

- [Waiting for "Superman"](#) (documentary film, directed by Davis Guggenheim)
- [Encanto](#) (children's animated film, produced by Walt Disney Animation Studios)

### PUBLICATIONS:

- [Preventing ACES: Leveraging the Very Best Evidence](#) (Center for Disease Control – CDC)

### PODCASTS:

- [NH Family NOW](#) (produced by NH Children's Trust)
- [Seen Out Loud](#) (produced by the Institute for Family)
- [A Slight Change of Plans](#) (produced by Dr. Maya Shankar)
- [Black Family Table Talk](#) (produced by Tony and Toni Henson)

# *additional* **RESOURCES**

## **NH GOVERNMENT RESOURCES:**

NH Department of Education . . . . .	<a href="http://education.nh.gov">education.nh.gov</a>
NH Department of Health & Human Services . . . . .	<a href="http://dhhs.nh.gov">dhhs.nh.gov</a>
NH Division for Children, Youth and Families . . . . .	<a href="http://dhhs.nh.gov/dcyf">dhhs.nh.gov/dcyf</a>
NH Office of the Child Advocate . . . . .	<a href="http://childadvocate.nh.gov/">childadvocate.nh.gov/</a>
NH Medicaid Redetermination . . . . .	<a href="http://nheasy.nh.gov">nheasy.nh.gov</a>
COVID-19 Benefits Changes . . . . .	<a href="http://dhhs.nh.gov/dfa/post-covid.htm">dhhs.nh.gov/dfa/post-covid.htm</a>

## **RESOURCES THAT CONNECT:**

NH 211 . . . . .	<a href="http://211nh.org">211nh.org</a>
NH Care Path . . . . .	<a href="http://nhcarepath.dhhs.nh.gov">nhcarepath.dhhs.nh.gov</a>
Service Link . . . . .	<a href="http://servicelink.nh.gov">servicelink.nh.gov</a>

## **CONCRETE SUPPORTS:**

Child Care Aware of New Hampshire . . . . .	<a href="http://nh-childcareaware.org">nh-childcareaware.org</a>
Disability Rights Center—NH . . . . .	<a href="http://drcnh.org">drcnh.org</a>
NH Food Bank . . . . .	<a href="http://nhfoodbank.org">nhfoodbank.org</a>
New Hampshire Homeschooling Coalition . . . . .	<a href="http://nhhomeschooling.org">nhhomeschooling.org</a>
New Hampshire Housing . . . . .	<a href="http://nhhfa.org">nhhfa.org</a>
New Hampshire Legal Aid . . . . .	<a href="http://nhlegalaid.org">nhlegalaid.org</a>

## **PARENTING RESOURCES:**

Family Support New Hampshire . . . . .	<a href="http://fsnh.org">fsnh.org</a>
NH Family Voices . . . . .	<a href="http://nhfv.org">nhfv.org</a>
NH Foster & Adoptive Parents . . . . .	<a href="http://nhfapa.org">nhfapa.org</a>
Parent Information Center of NH . . . . .	<a href="http://picnh.org">picnh.org</a>

## **GRAND FAMILIES SPECIFIC RESOURCES:**

Generations United . . . . .	<a href="http://gu.org">gu.org</a>
GrandFamilies.org . . . . .	<a href="http://grandfamilies.org">grandfamilies.org</a>
Step Up Parents . . . . .	<a href="http://stepupparents.net">stepupparents.net</a>

## **COVID RESOURCES:**

CDC COVID-19 . . . . .	<a href="http://dc.gov/coronavirus/2019-ncov/">dc.gov/coronavirus/2019-ncov/</a>
NH DHHS COVID-19 . . . . .	<a href="http://nh.gov/covid19">nh.gov/covid19</a>

## **RECOVERY RESOURCES:**

Granite Pathways . . . . .	<a href="http://granitepathwaysnh.org">granitepathwaysnh.org</a>
The Doorway NH . . . . .	<a href="http://hedoorway.nh.gov">hedoorway.nh.gov</a>
NH DHHS Recovery Supports and Services: . . . . .	<a href="https://www.dhhs.nh.gov/programs-services/health-care/recovery-support-services">https://www.dhhs.nh.gov/programs-services/health-care/recovery-support-services</a>



*champions of*  
**PREVENTION**

*Join us and be a champion of prevention for  
Granite State children and families!*



New Hampshire

**Department of Education**



**INTERESTED IN SPONSORING ONE OF OUR EVENTS?**

Contact Diane Hastings at [dhastings@nhchildrenstrust.org](mailto:dhastings@nhchildrenstrust.org) for more information!

# Building Together


PREVENTION IN PARTNERSHIP

Build with us!

Learn more at [nhchildrenstrust.org/prevention](http://nhchildrenstrust.org/prevention)



NEW HAMPSHIRE  
**Children's Trust**

New Hampshire chapter of  **Prevent Child Abuse America**