

things to share

10 Hopeful Gifts for Families

Rooted in the Protective Factors Framework

By incorporating the Protective Factors framework, these gifts are not only thoughtful but help build a family's capacity to thrive, enhancing resilience, social connections, and emotional well-being.

1 ENCOURAGEMENT. Parenting can be overwhelming, but having a supportive network makes all the difference. Offering positive reinforcement, recognizing efforts, and showing belief in a parent's abilities fosters resilience and builds **Parental Resilience**.

2 HANDS. Lending a helping hand can take on many forms—whether it's offering a home-cooked meal, providing childcare, or assisting with transportation. These acts show a commitment to **Social Connections**, helping families feel less isolated.

3 GROCERIES. Providing groceries can relieve the financial burden many families face. By addressing basic needs, this gift helps families strengthen their **Concrete Supports in Times of Need**, ensuring their immediate necessities are met.

4 DIAPERS. A case of diapers can make all the difference for parents with infants. Supporting their physical needs reduces stress, allowing families to focus on **Social-Emotional Competence of Children**, ensuring the child's well-being and emotional development are prioritized.

5 Connection. Everyone needs a support system. Offering a listening ear, sending a thoughtful text, or making a phone call strengthens **Social Connections**. When caregivers feel connected, they are more equipped to handle challenges and pass along these skills to their children.

6 Community. Families often aren't aware of the resources available to them in their community. By introducing them to local support networks, like parenting groups or Family Resource Centers, you're helping strengthen **Knowledge of Parenting and Child Development**, promoting informed decision-making and empowerment.

7 Support. Every family deserves to have their needs met. Offering a donation of food, clothing, or providing transportation helps ensure **Concrete Supports in Times of Need**, making it easier for families to stay on track during difficult times.

8 Fun. Arranging time for parents or caregivers to relax and recharge strengthens **Social-Emotional Competence of Children** by helping parents model self-care and stress management. This allows caregivers to return to their role feeling restored and more able to meet their children's emotional needs.

9 Voice. Be an advocate for families in your community. Stand up for those who might not have a voice, sharing knowledge of available resources and speaking out on behalf of families. This promotes **Parental Resilience** and empowers families to advocate for themselves.

10 Hope. Lastly, offering hope—whether through words, deeds, or presence—helps families believe in brighter days ahead. This is a fundamental part of **Parental Resilience**, reminding families that challenges are temporary, and with support, they can navigate any situation.

Pinwheels for Prevention

Planting a Pinwheel Garden during April's Child Abuse Prevention Month provides a unique opportunity to start a conversation around the role we all play in Prevention—individuals, organizations, and communities. When parents and caregivers have what they need, when they need, before problems arise, children in their care thrive and all of New Hampshire prospers. Because we all know Family is New Hampshire's Best Investment!

Show your support for strong families and safe children this Prevention Month by planting a Pinwheel Garden. Contact communications@nhchildrenstrust.org for details.

