

My Promise for Prevention

These are the things I can do for the kids and families in my life:

- ♥ **Really listen to a child.** Children need undivided attention when they are talking. Promise to be patient and remember that they need to move at a slower pace in their little worlds.
- ♥ **Make special time for children.** Singing, talking and positively interacting with children can help develop their growing brains and set the stage for future learning.
- ♥ **Be supportive to parents,** especially new ones. Offer to babysit, run an errand or cook a meal when a family seems stressed out. Give them some alone time to catch their breath.
- ♥ **Acknowledge that parenting is tough work.** Reassure a parent coping with a difficult situation in public. Help amuse a restless child in a waiting room. Listen carefully when the parents in your life tell you they feel overwhelmed.
- ♥ **Be a good neighbor.** Raising a child is a very important and very difficult job. Get to know the families in your neighborhood and point out the special things they do for their children.



I promise this in honor of: _____



My signature: _____