

CHILDREN'S TRUST OF WASHINGTON

The Children's Trust of Washington and the Prevent Child Abuse Washington state chapter is housed within the Department of Children, Youth & Families (DCYF) and administered by Strengthening Families Washington. Strengthening Families Washington focuses on helping families strengthen family bonds, understand childhood development and cope with the challenge of parenting through building the five Protective Factors that are known to help reduce child abuse and neglect. By reaching out to parents and encircling them with support, we can help strengthen families, which protects children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

Protective Factors:



Knowledge of child development



Concrete supports



Parental resilience



Social and emotional competence/nurturing and attachment



Social connections



YOU CAN HELP!

Although a good portion of our work is funded through our federal Community Based Child Abuse Prevention grant, we do also fund our Children's Trust work through the following sources.



Keep Kids Safe License Plate

<https://dol.wa.gov/vehicles-and-boats/license-plates/get-custom-plates/special-design-plates/keep-kids-safe>

When you purchase a Keep Kids Safe license plate, you help keep children of all ages healthy and safe. Proceeds from each plate are invested into communities throughout Washington to support programs and services that help protect children and strengthen families.



Heirloom Birth Certificate

<https://doh.wa.gov/licenses-permits-and-certificates/vital-records/ordering-vital-record/birth-record>

Celebrate a new life with the official Washington State Heirloom Birth Certificate. A lasting memory of a baby's birth, a reminder of a cherished grandchild, the Heirloom Birth Certificate is the perfect gift for baby showers, birthdays, graduations, anniversaries—even retirements!

You can also donate directly to the Children's Trust of Washington by mailing a check to:
CTF WA c/o J. Olmstead, PO Box 40970, Olympia, WA 98501 *Your donation is tax-deductable.*

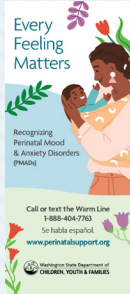


Washington State Department of
CHILDREN, YOUTH & FAMILIES



Prevent Child Abuse
Washington™

PUBLIC AWARENESS CAMPAIGNS



Every Feeling Matters: Recognizing Perinatal Mood and Anxiety Disorders (PMADs) Brochure

www.dcyf.wa.gov/publications-library/FS_0041

1 in 5 women and 1 in 10 men experience a perinatal mental health issue. Finding help can be hard. There are many ways to support your emotional well-being. If your symptoms get in the way of your daily functioning, it is time to seek help. You can recover from PMADs with proper treatment. Every feeling matters! Text or call the Warm Line: 1-888-404-7763.



Have a Plan: Shaken Baby Syndrome Brochure

https://www.dcyf.wa.gov/publications-library/FS_0042

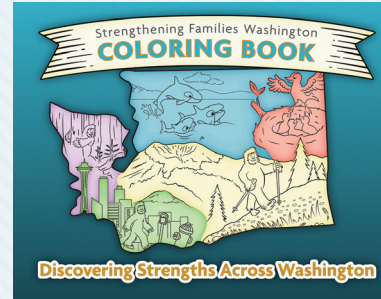
All babies cry. It's okay. Crying is one way your baby can tell you what they need. It's normal for babies to cry two to four hours a day. Even though crying is typical, it can still be stressful. Have a plan, share your plan and remind yourself that you are doing the best you can.



Safe Sleep Card

https://www.dcyf.wa.gov/publications-library/FS_0043

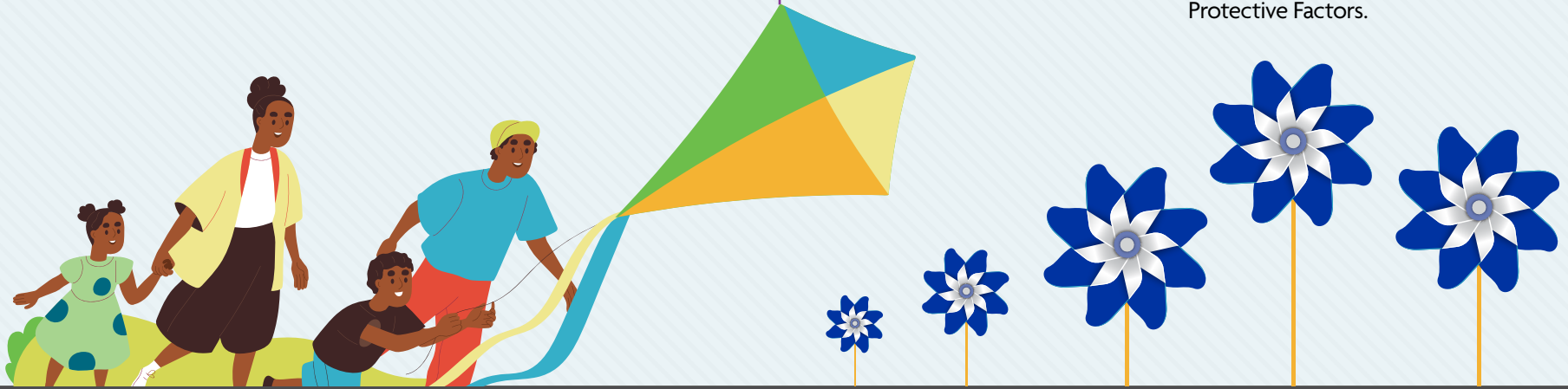
Research shows parents and caregivers can take specific actions to help reduce the risk of SIDS and other sleep-related causes of infant (less than 1 year old) death. Make sure everyone that takes care of your baby knows about safe sleep.



Strengthening Families Washington Coloring Book

www.dcyf.wa.gov/publications-library/FS_0026

This coloring and activity book was designed for children and families to do together to help them become stronger and understand the five Protective Factors.



If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email communications@dcyf.wa.gov.

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