

A WORLD OF POSSIBILITIES: Parent Support & Education Grants

We work for parents like Heather



Heather always had patience to spare with her daughter, Ivy, age 2 ½. But the sudden death of her husband left her reeling with grief and the stress of single-parenthood.

"After my husband died, I found myself needing control in my life and I was trying to

control her. I started really losing my patience and I didn't like it," Heather says. "There were times when I just didn't know what to do."

After attending a parenting class where she learned about Ivy's developmental needs, stress management, and the Protective Factors, Heather said, "Now I have more patience because I understand her better."

Heather and Ivy are among the thousands of families supported by Children's Trust Foundation Parent Support & Education Grants each year.

When life's unexpected challenges add to the daily stresses of parenting, families need support.

No one can do it alone

Children's Trust Foundation works to ensure that Washington families don't have to.

National research shows that when the Protective Factors are present, child abuse and neglect diminish. Our programs teach families how to build these factors and give families the support they need to become strong and healthy.

What are the Protective Factors?

Parental Resilience: No one can eliminate stress from parenting. Job loss, death, divorce, and other issues sometimes dangerously spike stress levels that put children at risk even in the most loving families. This factor helps parents deal with both ordinary and extraordinary stressors.

Social Connections: Isolation is a common risk factor for abuse and neglect. When this factor is present, parents interact with others who can help.

Knowledge of Child Development: When parents understand child development, they are more likely to avoid harsh discipline techniques. Parents of children with developmental or behavioral problems need extra support to build this factor.

Concrete Support in Times of Need:

When this factor ensures that basic needs like food, clothing, and shelter are met. Families facing special challenges, such as domestic violence, mental illness, or substance abuse, receive support through this factor even if their problems are stigmatized or hard to admit.

Social & Emotional Competence of

Children: Children with challenging behavior are more likely to be abused. This factor helps parents understand how to teach their children to effectively communicate their emotions and set a foundation for success in school and in life.



Make an Investment in Prevention

MAKE A GIFT today and **100% will go to Parent Support & Education Grants** that support parents like Heather.

DONATE NOW

Visit our website for details:

www.childrenstrust.org