



Family Resource Center Guide



Prevent Child Abuse Virginia

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Prevent Child Abuse Virginia is a statewide, private, nonprofit organization with a mission to prevent the abuse and neglect of our Commonwealth's children. We are dedicated to improving family life by valuing children, strengthening families and engaging communities. Our partners are the thousands of nonprofits, professionals, parents, businesses, civic organizations and volunteers working in every Virginia community. Prevent Child Abuse Virginia is a member of the Family Support Roundtable and is the state chapter of Prevent Child Abuse America.

Revised 6-12-2008

PUBLIC AWARENESS MATERIALS

(Availability based on supplies)

PAMPHLETS

(Limit 5 per title)

Child Protective Services
Do All You Can to Protect Us
Healthy Families Virginia
Never, Ever, Ever Shake Your Baby!
(English/Spanish)
Staying Home Alone

Child Ready

Blue Ribbon Guide to Parenting
Know The Rules (English/Spanish)
Learn About Diversity (English/Spanish)
Recognizing Child Abuse
Staying Home Alone...Are You and Your
Child Ready
Understanding Diversity

PCAV BROCHURES

(Limit 25 per title or reproducible master for
larger quantities)

Hot Water Safety
Prevent Child Abuse Virginia (Agency Info)
Recognizing and Reporting Child Abuse and
Neglect
What Everyone Should Know About Child
Abuse & Neglect
You Can Help Prevent Child Abuse and
Neglect (English and Spanish)

OTHER

(Limit 1 per item)

D.S.S. Mandated Reporter Guides -
Educators, Disabilities, Child Care
Providers, Medical Professionals
Newsweek Magazine (Special 2000 Edition)
Prevent Child Abuse America Newsletter
Prevent Child Abuse VA Annual Report
Prevent Child Abuse VA Newsletter
Virginia Coalition for Child Abuse
Prevention - Prevention Month Packet
Together Against Violence - Packet

BOOKLETS

(Limit 1 per title)

About Adults Abused As Children
About Child Neglect
Child Discipline Guidelines for Parents

VIDEO LENDING LIBRARY

PARENTING

ABC News: Children First: Real Kids, Real Solutions (60:00) - Peter Jennings hosts this TV presentation which portrays real life stories of the stages and challenges families are facing with birth to teenage children. Successful programs are also highlighted.

ABC Prime Time: From the Beginning (20:00) - Diane Sawyer hosts this segment which explains research findings of brain development in children, beginning at birth. It explains the physical connections in the brain which can be lost forever if not formed early in the developmental years of a child's life. These connections are formed and strengthened with continual stimulation

through repetition, loving interaction music, attention, etc.

Alcohol and Kids Don't Mix - This is a five-part interactive video designed for professionals to use with parents. Its intent is two-fold: to increase parents' awareness of the relationship between using/abusing drugs and raising children; and to teach parents nurturing parenting skills and strategies to help children develop healthy and drug-free. The five parts are: Babies & Booze Don't Mix, A Child's Point of View, Par-dee! Par-dee!, Uppers, Downers and Stress and Doing It Right.

The Art of Communication (30:00) - Hosted by Dick Van Patton, this video displays typical child/parent issues and the skills needed to solve them. Also included is a guide for practicing coping skills.

The BabyCare Home Video (62:00) - This is a very user-friendly video that discusses 16 topics of interest to new parents, including holding, feeding, calming, colic, cord care, temperature, etc. The topics are written and developed by subject matter specialists.

Bad Dads (44:32) - Focuses on an unusual parenting program in a federal penitentiary where "bad dads," who are serving time, have made similar mistakes as dads everywhere.

Begin with Love (30:00) - (2 copies available in Spanish) Based on the latest research in early childhood development, the video highlights five guidelines that will help all new parents create a responsive and enriching environment for their young baby -- the key to helping her learn about her new world.

A Better Way: Emotional Child Abuse Prevention (23:40) - This video displays four case vignettes showing various types of emotional abuse. A parental group then discusses ways to improve relationships.

Building Your Children's Self-Esteem (35:00) - In an entertaining way, Dr. Bissell shows ten ways to develop your child's self-esteem.

Can You Pass the All-Time Great Parent Test? (49:00) - This video answers 12 important and timely questions about child development, helping you give your child the best possible start on life. The text covers such issues as how to make the home environment support learning; how to select the best possible child care, preschool, or Head Start program; how to make sure a child is emotionally ready to meet future challenges; and how to promote positive

moral development from the beginning. Five award-winning early childhood educators in the Chicago area provide the answers.

Cognitive Development - The First 2 ½ Years (25:00) - Discusses the senses, perception and memory as an important aspect of cognitive development. Presents some of Jean Piaget's work including object permanence and the sensorimotor period. Offers practical advice for improving a child's chances for optimum cognitive development.

Emotional/Social Development (22:00) - Discusses temperament, attachment and social responses such as smiling, stranger anxiety and separation anxiety. Self-awareness, development of empathy, and development of standards are discussed at length.

Family First (20:00) - In spite of challenges and regardless of differences, family relationships can be a rewarding part of life. Provided through The Church of the Latter Day Saints, this video will help you find that satisfaction.

First Person: Impressions of Being a Baby (30:00) - This video follows the development of individual children from birth through the first years of life. The beauty and complexity of normal development is documented as they move through the stages of development. The sensitivity, curiosity, openness, awareness and impressionability that we all have at this first stage of life are shown. We watch the foundation for the developing person being laid, the bonding with the parent, the development of language, the development of mastery, the development of social skills, and the formation of language.

The First Years Last Forever (28:55) - The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child

reach their full potential. This video includes information on: bonding and attachment; communication; health and nutrition; discipline; self-esteem; childcare and self-awareness.

I'm Only Doing This for Your Own Good (40:00) - This interactive video presents three real-life situations in which parents shake, hit and threaten their young children. During each scene, the viewer is asked to pause, discuss what has occurred and brainstorm alternative, non-violent nurturing parenting practices. This video then present proven, non-violent parenting techniques teaching parents how to help their children grow up healthy with strong self-worth through consistent, nurturing parenting practices. The three parts are: Alternatives to Shaking a Baby, Toddlers Exploring Safely and Teaching Children Communication.

It Starts with a Book...And YOU! (30:00) Literacy begins at birth with the parent, long before school starts. In this video, we are guided through the ages and stages of early childhood with information and strategies for introducing young children to the "world of words".

Language Development - The First 2 ½ Years (25:00) - Discusses communication acquisition including "turn-taking" and "motherese". Describes the stages and sequences of language acquisition and development. Offers practical advice for improving a child's language ability.

My Way or the Highway (16:00) - The focus of this video is to offer alternatives to hitting and yelling at teenagers. Three scenes are presented in this interactive video that often contribute to the violence and strain of parent-teenager relationships. Topic areas include: 1) Power and Authority; 2) Friends and Curfew; 3) Peer Pressure and Drugs. Parents and teenagers learn how to make life together a nurturing, healthy experience for both.

The New Father (47:00) - This is a documentary of dialogues of men who discuss the changing roles of fathers and express their desire to be more nurturing parents.

Nurturing Parenting (30:00) - It is a **self-instructional video** program to be used with the Nurturing Parenting Handbook, for teaching empathy, self-worth and discipline to school age children. The video outlines many concepts detailed in the handbook, including the nurturing philosophy on parenting. Also included are 10 audiocassettes and the Parent Handbook.

Nurturing Touch (20:00) - This video teaches parents how to use nurturing touch with their children. It demonstrates how infant massage provides the groundwork for a lifetime of nurturing touch.

Red, White And Bruises (15:00) - This video presents 7 of the most common reasons why parents use spanking as a means of disciplining their children. Some examples are: they were hit and are repeating their childhood history, to teach respect and obedience, as a form of punishment, etc. Alternatives are presented, in which viewers are encouraged to discuss and develop a non-hitting attitude.

Shaking, Hitting and Spanking: What to Do Instead (30:00) Four common parent-child situations are shown in which children are physically disciplined. After each scene, the viewer is asked to pause, consider what has occurred and brainstorm other solutions. The video teaches alternative strategies.

Spare the Rod, Spoil the Child (15:00) - This is an interactive video which examines the historical interpretation of the "Rod" as a means of providing discipline to children without the use of corporal punishment. Valid, nurturing parenting practices are presented which are much more effective in helping parents teach their children respect, cooperation and caring for themselves and others while maintaining their family value

of non-violence. This video is meant to encourage families and communities to develop nurturing attitudes and parenting practices of providing positive non-violent discipline to children.

Ten Things Every Child Needs (60:00) - This is a one-hour documentary that explains how our earliest interactions with children influence brain development. This program also offers a simple, ten-point checklist that parents, teachers, family childcare providers and babysitters can follow to give children the best start in life.

This Hurts Me More Than It Hurts You (45:00) - This video presents three real-life situations in which parents spank, hit and yell at their children: Sibling Rivalry, Managing Stress & Anger and Handling Back Talk. During each scene, the viewer is asked to pause and discuss alternative, non-violent parenting practices. Parents learn how to nurture themselves and use nurturing parenting practices that build upon strong family values.

What Do I Say Now? (30:00) - This video can help parents and caregivers protect young children from sexual abuse. A variety of vignettes give viewers the opportunity to learn different ways to talk about touching safety. (Discussion Guide included.)

What's Hot in Hampton?: Nurturing Program (30:00) - This film shows how the Nurturing Program helps parents by learning how to nurture themselves, praise and discipline their children, coping with stress, etc. Parents share their experiences with the Nurturing Program and how their families changed in the process.

Working on the Dream (15:00) - This video contains five simple steps to improve family relationships.

Yelling, Threatening and Putting Down: What To Do Instead (35:00) - This video presents commonsense techniques for

dealing with four challenging parent-child interactions. After each scene, viewers pause to discuss alternatives to yelling, threatening or putting children down. When they resume watching the video, viewers see a variety of positive practical techniques presented in a friendly and easy to follow style.

Young Men As Fathers (17:00) - This video is part of the series, *Getting Men Involved*, which gives a greater insight into the important role of men in children's lives. *Young Men As Fathers* features real teen dads, young men, experts and practitioners.

CHILD ABUSE & NEGLECT

Believe in Yourself (25:00) - A musical puppet presentation geared at children ages 5-9. The lead character is subjected to emotional abuse from his parents, but a friend helps him build his self-esteem. (There's a message to parents at the end.)

Child at Risk (60:00) - This video shows interviews with: molested children, parents, molesters and professional counselors. It discusses the primary needs of molested children. This is a good training film for professionals.

Child of Rage: A Story of Abuse (27:22) - This film is for mature audiences. It spotlights a 6 ½ year-old girl who is so severely traumatized by years of neglect and sexual abuse that she is unable to bond with others. This video also shows how others can be helped. This video would be useful in educating people on the effects of early childhood abuse; however, audiences should be warned about the disturbing nature of the presentation.

Come in from the Storm (46:00) - This is a series of three videos highlighting children who experienced abuse or neglect.

China Doll (10:00) - This video shows a young girl modeling her mother's verbally abusive behavior to her dolls.

The Diary (18:00) - This video shows a boy's son who comes from the future to discuss the physical abuse the father is experiencing.

The Necklace (18:00) - A young girl discusses with her father the sexual abuse that a friend is experiencing.

Global Crisis (28:00) - This video features worldwide authorities discussing all forms of child abuse, its definitions, causes, solutions and prevention.

Hugs & Kisses - This Theatre IV production teaches children the difference between "good" and "bad" hugs and kisses. It is designed to encourage victims in the audience to come forward for help.

Identifying, Reporting, and Handling Disclosure of the Sexually Abused Child (25:00) - This film is aimed at those who provide children's services. Discussed are ways to identify victims; the legal responsibilities of the mandated reporter; how to respond to the child before and after disclosure.

Indicators of Sexual Child Abuse (20:00) - This selection familiarized educators with behavioral indicators of sexual abuse and myths. It also discusses ways children disclose abuse as well as parents' behavior.

The Lives We Touch (5:00) - This video provides national statistics and information on child abuse. It raises public awareness and encourages everyone to value children and take action when necessary.

Scared Silent (49:41) - Hosted by Oprah Winfrey, this television documentary helped victims and perpetrators break their silence and get help. It profiles six true stories of sexual, physical and emotional child abuse told by the offenders and their victims.

Sexual Abuse: Signs, Observations and Symptoms (20:00) - Explicit behaviors are discussed, which could be signs of sexual

abuse. This video will help you learn when to suspect a case of child sexual abuse.

Shaken Infant Syndrome (10:00) - This film discusses the importance of handling and supporting infants with care. The hazards of shaking a baby or not supporting the head properly are also covered.

There is Hope (30:00) - This video focuses on four families in which incest has occurred with a preteen or teenage child. The effect on the family is examined as are recovery issues.

Victims (24:00) - A documentary, narrated by Cristina Crawford, shows interviews with men from the California Institute, juveniles in detention, police and families. The video points out the correlation between abused children and violent criminals.

Why, God? Why me? (25:00) - The main story centers around an adult female who was a victim of sexual abuse. She shares her feelings about her own abuse and that two of her children were abused by her husband.

Through My Eyes (9:00) - This video presents the experience and trauma of abuse from the viewpoint of the child. It uses voices, artwork, and writing to describe the feelings of the child in an abusive situation. Child development experts provide information about the impact of violence on children and what is needed for recovery. This video should be previewed as its content may be disturbing to some audiences.

You Can Prevent Child Abuse (11:00) - This video is intended to educate the public about the devastating effects of child abuse in our society. The National Commission for the Prevention of Child Abuse asks for help to support their goal of reducing child abuse by 20%.

VIOLENCE

Any Day Now (28:00) - Sixteen women, ranging in age from 24 to 61, share their stories of survival. Honest and intimate portrayals of what it is like to be battered by the person you love are shared.

Beyond the Numbers: The Reality of Abuse (20:00)- In this video, adults detail the abuse they have either witnessed or experienced. This video discusses family violence including domestic abuse, child abuse and elder abuse. It also addresses

sexual assault. A professional provides insight into factors associated with abuse while the adults tell their stories of family violence. This video gives suggestions for handling the stress that often results in family abuse. It also calls for community action to end family violence and sexual assault. The number for the Family Violence and Sexual Assault Hotline is given at the end of the video.

Dimensions - This video was produced in the mid-1990's by Virginia Tech. It was originally broadcast in high schools. It contains information about media violence and highlights the inaccurate representation of violence in the media. It discusses the societal effects of media violence. The end of the presentation features a phone-in section, in which high school students viewing the original telecast asked questions of the presenter.

Emotional Intelligence (79:00) - Clinical psychologist Dr. Daniel Goleman explains the importance of emotional intelligence and its part in a success in life. He discusses the brain chemistry surrounding emotions. He explains the five emotional competencies, talks about the problems associated with low emotional intelligence as well as the benefits of high emotional intelligence and gives suggestions for raising one's emotional intelligence. He also gives tips for anger management.

What Children Can Tell Us About Violence & What Adults Can Do To Help (2: 40:00)

- Dr. James Garbarino, an expert on youth violence, gives a two-hour speech followed by thirty minutes of questions. He discusses: racial and cultural issues surrounding youth violence; tools that would help us understand the variables associated with youth violence; America's history of developing programs that inadequately meet the needs of youth.

TRAINING

Diversity - Crossing the Lines - Make a Difference (30:00) - Shows how prejudice and racism are tolerated by those in positions to make positive changes. The video illustrates the advantages of culturally diverse institutions including educational and workplace facilities. Showcases different communities and programs which have been successful in their effort to increase understanding between diverse ethnic and cultural groups.

Nurturing Skills Training Video (set of 3 tapes)- These videos are edited from two seminars conducted by Dr. Stephen J. Bavolek on developing nurturing self and parenting skills. These videos are useful for implementing the Nurturing Program; training new staff in Nurturing Program philosophy; and in-service training for positive mental health.

Seeing is Believing (2 tapes and manual)
Home visitors learn how to videotape parent and baby as they go about their everyday activities. Learn how to watch the tape together with the parent and guide the parent to recognizing characteristics of the baby enhancing the parent's ability to read baby's cues and signals and meet its needs.

HEALTHY FAMILIES PROGRAM INFORMATIONAL TAPES

Healthy Families America - Prevent Child Abuse America 11/11/99 (9:42)

Henrico Healthy Families 11/21/97 (8:57)

Healthy Families "Changing the Odds"
5/12/99 (11:09) Northern Virginia Families
Services
***Healthy Families Florida "Promoting
Positive Parent-Child Relationships"*** 1999
(10:08)
Central Virginia Healthy Families 2/14/00

***Henrico Healthy Families Fundraising
Video*** (8:57)
***Healthy Families Central Virginia;
Alliance for Families and Children
Weaving a Fabric of Care*** (14:00)
America's Youth Passport (6:06)

PARENTING TIPS

Information included are Parenting Tips and other information sheets for parents that are simple and easy. *Distributed as single sheets only.* You can make as many multiples as you like!

ABUSE

Call for Help Hotline
Child Abuse (SPAC version)
Child Abuse Dental Facts and Figures (poster)
Child Abuse Hurts Everyone (booklet)
Child Abuse Info for Student Research Elementary and Middle School
Child Abuse in Public (flyer)
Child Abuse in Public
Child Abuse/Neglect Quiz
Child Protective Services
Children's book about Surviving Child Abuse
Definition of Child Abuse Prevention
Facts About Child Neglect
Facts About Child Abuse/Neglect
Facts About Child Abuse/Neglect (four parts)
Facts About Physical Abuse
Facts About Sexual Abuse
Friends Don't Let Friends Abuse Their Partners (poster)
Keeping Children Safe from Sexual Abuse (brochure)
Moments in Virginia: Fact Sheet about Child Abuse/Neglect
Parent Engagement
Preventing Sexual Abuse (flyer)
Questions and Answers
Recognizing Abuse/Neglect (3 fold)
Recognizing Child Abuse/ Child Maltreatment
Taking Care: Facts About Child Neglect
Warning Signals – Protecting Against Child Abuse
What Can One Person Do to Prevent Child Abuse
What is Abuse/Neglect (DSS version)
What is Child Abuse/Child Neglect/ Family Violence, You Can Help
When a Child Tells You About Abuse, How to Help.
Working Together to Prevent Child Abuse
You Can Help Prevent Child Abuse/ Neglect. Just Remember the 5 "R's" of Prevention
You have the Power to Prevent Child Abuse and Neglect Tips (poster)

ACTIVITIES FOR CHILDREN

Activity Book about Health, Safety, Exercise etc.
Backyard Olympics
Birthday/Celebration Box
"Kids" coloring pages
Do You have Cabin Fever
Family Vacation
Holiday Fun coloring pages
Keep the Good in the Good Ole Summer
Keep Learning Alive in Summertime
Make a Scarecrow
Make Your Own Pinwheel
"Safe at Home" coloring page
"Scarecrow" sheet

Suggestions for a Productive Summer – Get Structure
Summer Activities/Safety/Teens
Throw a Block Party
Working With Children in Groups
Your Body Belongs to You coloring book
You're in Charge coloring book

ANGER

Angry Children/Angry Parents
Controlling Your Anger
Managing Your Anger (pamphlet)
Managing Your Anger (Spanish)
No Hitting Zone
Toddlers and Young Children- Aggression
Twelve Alternatives to Lashing Out

BEDTIME & SLEEPING

Bedtime Can Be a Problem
Bedtime Tips for Tired Parents
Doorknob Tags/Crying
Doorknob Tags/Safe Sleeping
Going to Bed
Sleep Problems (Dr. Sears Tips)

BEHAVIOR

5 Tips for Guiding Children's Behavior
Behavior Management and Ideas
Children and Lying
Grocery/Restaurant
Grocery Store Tips
Guiding Behavior – Young Children
Help Your Kids Behave While Shopping
The Power of Choice
Prevent Childhood Lying and Cheating
Separation (pamphlet)
Separation (Spanish)
Shopping With Children
Taming Those Terrible Tantrums
Tips for Shopping with Children at the Mall (poster)
Understanding and Responding to Your Child's Behavior
When a Child Bites (pamphlet)
When a Child Bites (Spanish)
Why Won't My Child Behave?

BULLYING

Adolescent Bullying
Bullying
Bullying and Teasing
Bullying/Teasing (flyer)
Cyber Bully
Easing the Teasing
Teasing: Helping Cope

CHILD ABUSE PREVENTION MONTH

April Is Child Abuse Prevention Month
Blue Ribbon Bookmarks
Be a Blue Ribbon Community (poster)
Be a Blue Ribbon Family
Be a Blue Ribbon Family (poster)
Be a Blue Ribbon Parent (poster)
Leap into Action: You Can Prevent Child Abuse (April is Child Abuse Prevention Month)

CHILD CARE

Babysitting Cooperative for Affordable Care
Choosing Child Care
Day Care: Now that You've Found it, Keep it Going Well
Finding a Babysitter
Finding Someone to Stay with Your Child
When is Your Child too Ill for Day Care
When is Your Child too Ill for Day Care (Spanish)

CHILD DEVELOPMENT

7 Ways to Be Smart
Ages and Stages for Caregivers 1-4 months
Ages and Stages for Caregivers 9-12 months
Ages and Stages for Caregivers 18-24 months
Bookmarks: Intelligence, Emotional, and Physical Growth
Born Learning at Birth
Born Learning under a Year
Born Learning 2 to 3 years
Born Learning 3 years
Born Learning 4 years
Born Learning 5 years
Building Better Brains/Bodies
Building Blocks/Brain Development
Building Blocks to Self
Child Development Checklist from Birth to 3 years
Creativity Starts in the Crib (brochure)
Development of a Preschooler (brochure)
Developmental Needs after Exposure to Violence
Developmental Chart (Ages 0 – 5 years)
Developmental Traits from Birth to Age 12
Friends and Friendships through the Ages
Healthy Minds: Nurturing Your Child's Development from 0-2 months
Healthy Stages from Birth to Age 5
Help Your Baby Learn through Play
Look Who's Talking: Your Baby's Language Development
Memory (brochure)
Reading and Toddlers
Terrific Toddlers
The Baby News Vol.1 #1-3
The Baby News Vol.1 #1-4
The Baby News Vol.1 #5
The Baby News Vol. 1 #6
What is Brain Development?
Your Child at 12-18 months
Your Child at 18-24 months
Your Child at 3 years old
Your Child at 4 years old
Your Child at 5 years old
Your Child's Growth: Developmental Milestones from 3 - 24 mos.
Your Baby Learns by Solving Problems
Zero to Three Early Learning
Zero to Three Early Learning (Spanish)

Zero to Three Power of Play
Zero to Three Power of Play (Spanish)
Zero to Three Toddler Behavior

COMMUNICATION

Building Communication Skills
Communication
Communication (Spanish)
Communicating – Young Children
Communication Tips for Parents and Kids
Conducting Negotiations with Children
Family Communication
Healthy Communication with Your Child
How to Communicate With Kids
Interrupting (brochure)
Learn To Say No to Your Friends
Learning to Say Goodbye
Minimizing Back Talk-Maximizing Respect
Positive Communication
Power Struggles/Back Talk
Swearing
Tips about Talking About Tough Topics
Tips to Communicate with Your Child at the Bus Stop
What's Wrong with Grownups?
Ways to Praise Your Child
Words Can Hurt
Why do Kids Ask Why?

CONFLICT RESOLUTION

10 Steps to Resolving Conflict
Family Conflicts (brochure)
Handling Conflict
Raising Children to Resist Violence
Resolve Conflicts without Violence Tips
Resolve Conflicts without Violence
Resolving Conflicts (Reading List)
Resolving Conflicts: Jackie Joyner-Kersey says.

CRYING

Baby's Crying Again
"Hey Dad"- Tips for Crying Baby
Coping with Crying
Crying: Baby Talk
Crying and Colic
Living with Baby: All about Crying (Birth to 2 ½ years)
What to do if the Baby Cries

CULTURAL DIVERSITY

14 Ways to Better Cross-Cultural Communications
A Word about Differences
Cultural Diversity (flyer)
Encouraging Acceptance: Teaching Children to Value Differences
Teaching to Resist Bias
When Hurt Leads to Hate

DISABILITIES

A.D.H.D.
A.D.H.D or Additional Difficulties Hampering Development
A Mother's Story
Child Abuse and Children with Disabilities (fact sheet)
Families of Children with Special Needs
Helping the Child with Learning Difficulties at Home

My Child Has a Disability
Parenting/Disabilities (brochure)
Resources for Children with Special Needs and their families
Respite – Everyone Needs a Break
Safety of Your Child with a Disability
You are Not Alone

DISCIPLINE

101 Ways to Discipline (Katherine Kersey)
Constructive Discipline for Rebellious Teenagers
Discipline & Behavior: 9 developmental reasons why toddlers can be difficult to discipline
Discipline & Behavior: 25 ways to talk, so your children will listen
Discipline & Behavior
Discipline for Preschoolers
Discipline: Self- Control (brochure)
Effective Discipline/Handling Conflict
Establishing Priorities and Limits for Children
Five Things to Do Instead of Spanking
Positive Discipline Booklet (FAM)
The Positive and Negative of Discipline
“Reasons/Alternatives”
Setting Limits for Your Children (brochure)
Setting Limits
Spanking: What to Do Instead
Tantrums (NASP)
Tantrum (Dr. Sears)
Teaching Children to share
Time Out Tips
Working with a Spirited Child

DIVORCE

10 Actions: What can Parents do to Help?
Children and Divorce
Coping With Divorce
The Effects of Divorce

EDUCATION

A Strategy to Partner with Parents
Be a Homework Consultant, Not Participant
Caring About the Environment
Children and Music
Encourage Children to Enjoy Learning
Encourage Creative Thinking in Children
Get Ready to Read!
Helping Children Do Well in School
Helping the Child with Learning Difficulties at Home
Kindness Counts at School (2)
Partner with Parents
Raising a Child to Love Reading
Report Card Time
Report Card Tips (Multilingual)
Report Card Tips (3 up)
Starting School: Preparing for a Good Experience
Teachers can Help Children Deal with Loss
Tips for Successful School Year
Tips for Handling Conflicts in the Classroom

FAMILY ACTIVITIES

Bring the Family Together for Dinner
Families can be Fun

Family Time (pamphlet)
Family Time (Spanish)
Family Traditions: Cooking
Family Traditions
Family Vacations: Ages and Stages
Good for One Hour with Dad coupons
Kid-O-Grams: Messages from Children to their Loved Ones
Mealtimes are Good Times
Tips for Birthday Parties

FATHERS

10 Ways to be a Better Father
Father/Fatherhood information
Good for One Hour with Dad coupons
“Hey Dad”- Tips for Crying Baby
Tips for Involved Fathers
What It Takes to Be a Dad (flyer)

INCARCERATED FATHERS

Preparing Children for Prison Visit
Telling the Children
Tips from a Father in Prison

FEARS

Helping Frightened Children
Helping Your Child Overcome Worry
Resources for Helping Children with Trauma and Death
Talking with Kids about Terrorism

GENERAL PARENTING

Adoption Information for Parents
Advice for Parents
Appropriate Guidance Pamphlet
Asking for Help to be a Good Parent (poster)
Bookmarks: Advice for Parents
Bright Ideas for a Happy Morning: Time Management Skills
Calendar of Advice for Parents
Children Grow in All Kinds of Families
Children Learn What They Live
How Well Do You Know Your Child/Parent?
Life through the Eyes of Middle Childhood
Magic of Everyday Moments
Parenting websites: information about child care, infant development etc.
Parenting Wisely-A Computer program
Self Care for Working Mom
Tips for Birthday Parties
Tips on Family Life and Work
Upon Becoming a Parent
What it takes to be a Mom or Dad
You Can Learn to Live on 24 hours a day: Time Management Skills

GRANDPARENTS

Grandparents Raising Grandchildren
The Grandparent Connection
Grand Care newsletter
Tips for a Grand Trip

HEALTH AND NUTRITION

A Dozen New Ways to Get Kids to Try New Foods

Building Healthy Meals and Snacks
Developmentally Appropriate Food and Nutritional Skills for Young Children
Food for Baby's First Year
Food for Baby's First Year (Spanish)
For a Healthy Family
Information about Lyme disease
Snack wise USDA Food Pyramid

HOLIDAYS

For Less Stress: Fit Your Celebration to Your Children's Ages
Giving and Receiving
Holiday Air Travel with Baby
Holiday Fun Coloring Sheets
Holiday Parenting No Strain All Gain
Holiday Traditions
It's Better to Give than to Receive
Keeping Calm during the Holidays
Keep the "Happy" in Happy Holidays
Teaching Manners at Holiday Time

LATCHKEY KIDS

Being Safe at Home: Safety Tips and Emergency Plan
Home Alone (brochure)
Home Alone – Is Your Child Ready
Pointers for Parents – Latchkey kids
Staying Home Alone: A Parent's Responsibility

LYING

Children and Lying
Prevent Childhood Lying and Cheating

NURTURING PARENTING

50 Ways to Show Kids You Care
4 Rules for Trapped Parents/ Say No to Guilt
Babies Need to Feel Safe and Loved.
Be the Parent Your Child Needs
Bookmarks: Intelligence, Emotional, and Physical Growth
Characteristics of a Nurturing Parent
Children Learn What They Live
For a Healthy Family
How to Grow a Resilient Child
"Hug" coupons
Making Creative Choices
Parenthood: Gifts that You Give Your Child
Please Mom and Dad
Prayer for Children
RESPECT handout on How to be a Good Parent
Soft Touch
Teaching Children to Be Humane
Teaching Children to Share
The Family Pledge
Time Coupons – Mixed/Dad
Tools for Strong Families (brochure)
Upon Becoming a Parent (2)
Working with a Spirited Child

PEER PRESSURE

Learn to Say No to Your Friends

PREGNANCY

Abuse of Pregnant Women and Adverse Birth Outcomes

Depression during Pregnancy and Beyond
Pregnancy- Child Birth
Pregnancy- Clumsiness
Pregnancy- Dads
Pregnancy- Emotions
Pregnancy- Forgetfulness
Pregnancy- Nesting

POTTY TRAINING

Potty Training in One Day (Dr. Phil)
Surviving Toilet Training
Toilet Training Accidents
Toilet Teaching without Tears
Toilet Teaching without Tears (Spanish)

RESILIENCE

How to Grow a Resilient Child

RESPONSIBILITY

Messy Room
Teaching Responsibility with Household Chores
Winning the Chore Wars

SAFETY

8 Rules
8 Rules (Spanish)
Alone in a Hot Car
Baby Products with Safety in Mind
Being Safe at Home: Safety Tips and Emergency Plan
Children Aren't Waterproof
Children's Code
Children and Meth
Cyber Safety
Dog Bites Do's and Don'ts
Emergency Information Sheet
Home Alone (brochure)
Home Alone- Is Your Child Ready
Home Safety (10 Tips)
Hot Water Safety (brochure)
Hot Water Safety (Spanish)
Hot Water Safety
If You Keep a Gun, Important Points
If You Keep a Gun
Keeping Children Safe from Sexual Abuse (brochure)
Kitchen & Bathroom Safety
Know the Rules: 3 Rules
Know the Rules
Know the Rules (Spanish)
Know the Rules: After School Safety
Know the Rules: Going to and From School
Know the Rules: Summer Safety
Know the Rules: Teenage Girls
Playground Safety Checklist
Poisoning
Public Playground Safety Check
Raising Streetwise Kid
Safety: Protecting Children through Prevention
Safe Kids' Family Safety Check
Soft Touch English/Spanish (poster)
Staying Home Alone: A Parent's Responsibility
Teaching Children Fire Safety
Warning! Dangerous Combination
Window Blind Safety

SELF-ESTEEM

31 Ways to Build Confidence
 Building Blocks of Self
 Building a solid Self-Image
 Helping Your Child Feel Special
 Help Your Child Build a Better Self Image
 Self Esteem
 Self Esteem (Spanish)
 Self Esteem Tips

SHAKEN BABY

Don't Shake
 Never Shake a Baby (brochure)
 Never Shake a Baby

SHARING

Teaching Children to Share

SIBLING RIVALRY

A New Sibling: Helping Children to Adapt
 Brothers and Sisters (brochure)
 Sibling Rivalry/Sibling Abuse (brochure)
 Sibling Rivalry/Sibling Responsibility
 Sibling Abuse
 When Kids Fight
 When Kids Fight, Parents Feel Frustrated

SINGLE PARENTING

Stress Relievers for Single Parents (booklet)
 Their Job is to Learn, Grow, and Play: A Single Mother's
 Guide to her Children

SPANISH

8 Rules (Kids' Safety)
 Bedtime Tips for Tired Parents
 Communication
 Disability Services
 Family Time
 Food for Baby's First Year
 Hot Water Safety
 Know the Rules
 Managing Your Anger
 Self-Esteem
 Separation
 Soft Touch
 Stress
 Toilet Training without Tears
 When a Child Bites
 When is Your Child too Ill for Day Care?
 Zero to Three: Early Learning
 Zero to Three: Power of Play

SPORTS

Help Your Child Choose a Sport: A Good Coach
 Help Your Child Choose a Fun Sport
 Hey Coach!
 Loudmouth Parents Will Embarrass Everybody
 Proud Winners/Gracious Losers: Kids, Parents and Sports

Win or Lose, Praise Your Child for Trying

STEPFAMILIES

Stepfamilies Have Special Strengths

STRESS

10 Steps to Cool Down
 Asking for Help to be a Good Parent
 Avoiding Burnout (brochure)
 Brand New Baby Blues
 Children can Feel Stressed too
 Children and Stress: Caring Strategies to Guide Children
 Creating a Circle of Support
 Feeling a little down(when you should feel overjoyed)
 Guess Who Had a Bad Day at Work (full page)
 Guess Who Had a Bad Day at Work (2 up)
 Moving
 Offer Help When Friends Are Under Stress
 Parents' Stress = Kids' Stress
 Postpartum Depression, Not Normal Blues
 Stress
 Stress (Spanish)
 Suicide-Warning Signs
 There's Not Enough Time

SUBSTANCE ABUSE

7 Questions for Parents (What is SA? What is CA?)
 Alcohol/Drug/Child Abuse
 Substance Use by Mothers in Virginia

TAKING CARE OF BABY

5 Mistakes made with Newborns
 7 Steps to Reduce the Risks of SIDS
 Baby's Crying Again
 Babies Need to Feel Safe and Loved
 The Baby News Vol.1 #1-3
 The Baby News Vol.1 #1-4
 The Baby News Vol.1 #5
 The Baby News Vol. 1 #6
 Breast and Bottle Feeding
 Coping with Crying
 Crying: Baby Talk
 Crying and Colic
 Don't Shake
 Feeling a Little Down (When You Should Feel Overjoyed)
 Living with Baby: All about Crying (Birth to 2 ½ years)
 Living with Baby: Holding and Touching (Birth to 1 year)
 Living with Baby: How Babies Grow and Act (Birth to 2 ½
 years)
 Living with Baby: Playing with Baby (Birth to 1 year)
 Living with Baby: Teaching Baby "Good" (Birth to 3 years)
 Never Shake a Baby (brochure)
 Never Shake a Baby
 Premature Babies
 Postpartum Depression, Not Normal Blues
 Safe Sleeping for Babies
 Twins: More than Double
 What to do if Baby Cries

TEENS

40 Developmental Assets for Adolescents
 Adolescent Depression
 Constructive Discipline for Rebellious Teenagers
 Cyber Safety
 Danger Signs in a Dating Relationship
 Date Rape is a Power Trip (brochure)
 Dating and Violence
 Dating Someone New. Ask yourself (2)
 Dating Someone New. Ask yourself tips
 Handling Parental Frustration: Tips in regards to Teens
 Love Shouldn't Hurt (brochure)
 Making the Most of Talking With your Teen
 Popularity Value System
 Rape/ Sexual Assault- Teens
 Setting rules with Teens
 Sleep Deprivation in Teenagers (poster)
 Stopping Violence
 Street Law- legal organization for young families
 Summer Activities/Safety/Teens
 Teen Dating Abuse: Warning Signs and Programs (poster)
 Teens and School
 Tips for Parenting Teens
 What to Expect From Your Teen

TELEVISION/MEDIA/INTERNET

Children and the News
 Cyber Bully
 Digital Kids
 Don't let Your Family Go Down the Tube
 How TV and Movies Frighten Children
 Internet Report
 Internet Safety
 Internet Safety and Respect
 Internet Safety/Surfing
 Internet Tips and Tools for Parents
 Media Violence
 "Remote Control" – Questions to Ask

TEMPER TANTRUMS

Taming Those Terrible Tantrums
 Tantrums (NASP)
 Tantrum (Dr. Sears)
 Toddlers and Young Children-Aggression

VIOLENCE

4 Messages for Children who Witness Violence
 Developmental Needs after Exposure to Violence Family
 Violence and Child Abuse
 Gang Information
 Guns and Gangs
 If You Keep a Gun
 Learn the Signs of Gangs
 Making Peace
 Portrait of a Child in a Violent Home
 Raising Children to Resist Violence (booklet)
 Safety and Support for Children who Witness Violence
 Stopping School Violence
 Teach Children to be Humane in a Violent World (brochure)
 This is a Violence Free Zone
 Tips for Handling Conflicts in the Classroom
 Violence in the Home
 Warning Signs-At Risk for Violent Behavior
 Warning Signs for Gang Involvement
 What Can You Do to Help Stop Violence
 What I need to know if there is violence in my home
 You can help Your Child Rise above Violence

PARENTING CURRICULA

Sample curricula for parenting programs available for review on site.

PRENATAL

Nurturing Program for Prenatal Families
 Hawaii Healthy Start Pre-natal

BIRTH TO FIVE

The Baby Care Workshop
 Bonding With Baby (0-9 months)

Book Sharing For a Healthy Baby; Tools for
 Mother-Baby Intervention
 The Bowdoin Method I
 Bright Futures; Core Concepts Training
 Bright Futures; Tools to Help Your Practice
 Crianza Con Carino : Programa Para Padres
 Y Ninos (Del Nacimiento a 5 anos)
 Dad's Care
 Growing Great Kids
 Hawaii Healthy Start - Toddlers &
 Preschoolers
 Healthy Families San Angelo
 Kindness Curriculum: Introducing Young
 Children to Loving Values
 Making Parenting a Pleasure
 Nurturing Program Birth-5 Years
 Positive Parenting: Teaching Parents of
 Young Children (Also Spanish)
 R.E.A.D.Y. Learning Begins At Birth
 Resource Mothers Curriculum Sourcebook
 Selecting Child Care for Your Baby
 (English/Spanish)
 SOS! Help for Families: Video Program

SCHOOL AGE (6-12)

Cool 2 B Safe: Violence Prevention Guide
 Nurturing Program:
 For Families and Children 4-12 (Old)
 For Parents and Children 5-11 (New)
 Parent Drug Education and Prevention
 Program
 Right On Course; How Trauma and
 Maltreatment Impact Children in The
 Classroom
 SOS! Help for Families: Video Program (2-
 12) (See Birth to 5)
 Star Parents: Student Training doe
 Achieving Responsibility

ADOLESCENTS (13-18)

Nurturing Program for Parents and
 Adolescents
 Safe-T Program Student Workbook (Elliot
 & Young)

TEEN PARENTING

Nurturing Program for Teenage Parents and
 their Families
 Parent Education Home Visitation
 Curriculum

Partners in Parenting: A Home Visiting
 Program for Parenting Adolescents

ALL AGES

Common Sense Parenting Trainer's Kit
 (Also Spanish)
 Listening to Children, Listening
 Partnerships for Parents, Leading a
 Parent Resource Group
 Nurturing Programs:
 Alcohol and Kids Don't Mix Part II
 School-Based Curricula
 The Parent Guide: Solutions to Today's
 Most Common Behavior Problems in
 the Home
 Systematic Training for Effective Parenting
 (STEP)
 Teaching Social Skills to Youth
 The Nurturing Fathers Program

SPECIAL POPULATIONS

ABC's of Parenting (School Based
 Curriculum)
 Abuse and Neglect of Children With
 Disabilities
 Building Conversations: Learn Signs and
 Techniques for Everyday Conversations
 With a Young Deaf Child
 Focus on the Family Curriculum
 Milk (Mothers/Men Inside Loving Kids)
 Nurturing Programs
 Adoptive Families
 Birth to Five - Spanish Speaking
 Enhancing Nurturing Parenting Skills in
 African American Families
 Parents with Special Learning Needs and
 their Children
 Families for Parents in Substance Abuse
 Treatment
 Resist: Drug Prevention Curriculum for
 Children w/Disabilities
 Sign with Me - Deaf Children (0-3)
 Teaching Social Skills to Children & Basic
 Social Skills with Children of
 Incarcerated Parents

REFERENCE MATERIALS

(Newsletters, magazines, guides available for in-house use at PCAV)

GENERAL

Child Maltreatment (Monteleone, Brodeur)

A Clinical Guide and Reference

Family Support Magazine (Family Support America)

Perinatal Progress

Northern Virginia Perinatal Council Newsletter

Virginia Child Protection Newsletter (1981 - Current)

Bureau of Child Protective Services and Virginia

Department of Welfare

Kids Count Data Book - 2000 (The Annie E. Casey

Foundation)

BIRTH TO FIVE

Before Push Comes to Shove (Carlsson-Paige, Levin)

Building Conflict Resolution Skills with Children

Best Day of the Week (Carlsson-Paige)

Getting Men Involved (Levine)

Early Parenthood

Little Steps for New Parents (Briggs)

English and Spanish Versions

Making It Better (Oehlberg) Activities for Children

Living in a Stressful World

Mister Rogers Neighborhood

Zero to Three Newsletter

SCHOOL AGE

Celebrating Racial Diversity (McGinnis)

Cheer for Kids

Kansas Children's Service League Child Abuse and

Prevention

Educating for a Just Society (McGinnis)

Kids Creating Circles of Peace (Hansen, Vogt)

A book of story starters and activities for all kids who want to build peace

Shining Through (Louiselle/Wright)

For girls ages 10 and up - Pulling it together after sexual abuse

TEEN PARENTS

The Challenge of Toddlers (Lindsay)

For Teen Parents - Preparing Your Child from One to Three

Discipline from Birth to Three (Lindsay, McCullough)

For Teen Parents

Nurturing Your Newborn (Lindsay, Brunelli)

First Month Guide for Teen Parents

Teen Dads (Lindsay)

Rights, Responsibilities, and Joys

Your Babies First Year (Lindsay)

Your Babies First Year (Lindsay) For teen

Parents

Your Pregnancy and Newborn Journey

(Lindsay, Brunelli) Guide for Pregnant Teens

SPECIAL POPULATION

A Guide to Parenting Education and Resource Materials (Childrens Trust Fund)

A Handbook for Understanding Child Abuse and Neglect (Bavolek)

A Portrait of Adolescence (The Institute for Youth Development)

A Practical Guide to Respite for Your Family (Dellinger-Wray, Uhl)

Ability Journal (Mitchel, Jobe, Emanuel)

Abuse and Neglect of Children with Disabilities (Department of Social Services)

Americas Youth: Measuring the Risk (Institute for Youth Development)

Building Community Partnerships for Learning

Virginia Juvenile Community Crime Control Act

(Glenn) Data Resource Guide

Celebrating racial Diversity (McGinnis)

Child Abuse (Monteleone)

Quick Reference for Health Care Professionals, Law Enforcement, and Social Services

Child Abuse (Rice)

Curriculum for Virginia Commonwealth University

Child Abuse and Neglect (Department of Social Services)

Assistance for Educators in Recognizing and Reporting, Child Care Givers, Medical Professionals

Child Death in Virginia 2001 (Virginia State Fatality Review Team)

Child Health USA 2002 (US Department of Health and Human Services)

Child Maltreatment 2001 (US Department of Health and Human Services)

Creative Approaches (French, Henderson, Horvart)

Equipped for the Future Content Standards; 11 Years of Reporting Child Maltreatment

2000(US Department of Health and Human Services)

Family Focus (Junior League of Richmond)
Resource Directory for Families with Young
Children

**Growing Up Drug Free; A Parents Guide to
Prevention** (US Department of Education)

Guide for Choosing Parenting Curricula I
(Parentlink) Native, African, and Spanish Versions
Guidelines for Programs to Reduce Child

Victimization: A Resource (Office of Juvenile
Justice and Delinquency Prevention)

Hospital Protocol for Child Abuse (Bar-on,
Zanga, Foster)

Indicators of School Crime and Safety 2002
(Bureau of Justice Statistics)

Kid-Ability (Girls Club of Omaha)

Kids Creating Circles of Peace (Hansen & Vogt)

**Kids First; Children Coping With Divorce and
Family Conflict** (Muklewicz)

Kids First Parenting Plan A Child Care Planning
Guide for Separating and Divorcing Parents
(Muklewicz & Graziano)

Multicultural Parenting Educational Guide
(Editor: Bavolek)

Prevention Planning (Virginia DMHMRSAS)
Strong Families, Strong Schools (U.S. Department
of Education)

Stop 2 Center to Prevent Handgun Violence
(Department of Health and Human Services)

The Parents Guide (McCarney, Bauer)

2003 KIDS COUNT Data Book (Voices for
Virginias Children)

Volunteers Kid-Ability (Burton, Belt, Croudy,
Mitchel, Jobe, Emanuel)

**What Adults Need to Know and be Able to do
in the 21st Century** (National Institute for
Literacy)

What it Takes (Melaville, Blank)

Structuring Interagency Partnerships to Connect
Children and Families with Comprehensive

When Your Child Is Missing (US Department of
Justice)

Sample of Our Favorite Internet Resources

American Academy of Pediatrics - www.medem.com - You and your family
Child Trends - www.childtrends.org
Child Welfare League - www.cwla.org/
Children Now - www.childrennow.org - diversity/media issues
Children's Defense Fund - www.childrensdefensefund.org/
Children's Television Workshop - www.ctw.org & www.sesameworkshop.org/parents
Chronicle of Philanthropy - <http://www.philanthropy.com/>
Connect For Kids - www.connectforkids.org/ Great on-line newsletter
Facts for Families - www.aacap.org/info_families/index.htm - articles on psychological issues
Foundation Center - <http://fdncenter.org/sitemap.html>
Guidestar - www.guidestar.com/ - national database of non-profit organizations
Kids Health - www.kidshealth.org - childhood illness and health issues
National Center for Education in Maternal & Child Health - www.ncemch.org/alert
National Center for Nonprofit Boards - www.ncnb.org/main.htm- Excellent!!
National Crime Prevention Council - www.ncpc.org - home of McGruff Crime dog
National Network for Child Care - www.nncc.org - parenting and caregiving
National Parent Information Network - <http://npin.org>
The Natural Child Project - www.naturalchild.com
Office on Juvenile Justice and Delinquency Prevention - www.parentingresources.ncjrs.org/
Parent News - <http://parent.net>
ParentSoup - www.parentsoup.com
The Search Institute - <http://www.search-institute.org/assets/forty.htm>- 40 Developmental Assets
Unite for Kids - www.uniteforkids.org/ Helping Kids & teens exposed to Violence
University of Minnesota - Irving B. Harris Training Center - www.harristrainingcenter.org
University of Pittsburgh, Office of Child Development - www.pitt.edu/~ocdweb/index/htm
Virginia General Assembly - <http://legis.state.va.us/> - online - Code of Virginia & Administrative Code of VA & much more
Virginia Register - <http://legis.state.va.us/codecomm/register/regindex.htm> - Official on-line
Virginia Town Hall - www.townhall.state.va.us/ - Track Regulations, DSS Bd Meetings, etc.
Zero to Three - www.zerotothree.org

Materials Order Form

Use this form to request Public Awareness brochures and pamphlets, "Parenting Tips" and video rentals.
Please complete and mail to Prevent Child Abuse Virginia

Name:

Organization:

Mailing and Physical Address:

City, State and Zip Code:

Telephone Number:

Title (Please print):

***Description:
(Video, PT, etc.)***

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**Mail or fax to: FRC, Prevent Child Abuse Virginia, 4901 Fitzhugh Avenue, Suite 200,
Richmond, VA 23230 (804) 359-6166; Fax (804) 359-5065 .**