



# YOU CAN MAKE A DIFFERENCE!



## The Community:

- Offer to babysit so parents can get a little break
- Be a listening ear for a struggling parent
- Donate lightly-used clothing, furniture and toys for use by another family, especially during the holidays

## Employers:

- Check in with parents to see how they are doing
- If possible, allow for flexibility in scheduling
- Create a community brag board for employees to show off kids, pets, homes and hobbies
- Support maternity/paternity leave for new parents (including adoptive and foster parents)

Information gathered from CO4kids.org

## JOIN US:

Meetings held monthly.  
Please visit our Facebook page for meeting date or send a message.  
[facebook.com/TehamaCAPC](https://facebook.com/TehamaCAPC)



## OUR VISION:

Children living in Tehama County are safe from child abuse and neglect.

## OUR MISSION:

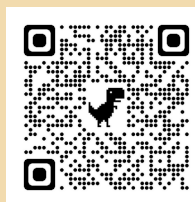
Through partnerships and collaboration, Tehama County 4 Kids promotes awareness and community education that prevents child abuse and neglect.



## In the Home:

- Discipline with love
- Be firm, fair and consistent
- It is OK to walk away and take a break
- Show respect and focus on the behavior not the child
- Praise your child by finding positive words to say such as: "Great Job," "Thank you,"

SCAN ME



LIKE US ON FACEBOOK:  
[facebook.com/TehamaCAPC](https://facebook.com/TehamaCAPC)



# PARENT/CARGIVER RESOURCES:

## PARENT HELPLINE:

- (530)529-1500 EXT. 1114
- TEXT: (530) 567-4166 M-F 9:00 AM-5:00 PM

## Help Me Grow Family Resources Centers:

- Los Molinos (530) 528-7308
- Red Bluff: (530) 528-7398
- Corning: (530) 528-7382

## First 5 Tehama:

(530) 528-1395

[www.first5tehama.com](http://www.first5tehama.com)

Request New Parent Kit

## Northern Valley Catholic Social Services:

Family Resource Center Corning: (530) 824-7670

[www.nvcss.org](http://www.nvcss.org)

## Department of Social Services Children's Services Division:

Red Bluff: (530) 527-1911

Corning: (530) 824-9182

[www.tcdss.org](http://www.tcdss.org)

## Tehama County Health Services Agency:

Red Bluff: (530) 527-6824

Corning: (530) 824-4890

toll free: 1-800-655-6854

[www.tehamacohealthservices.net](http://www.tehamacohealthservices.net)

## 211 TEHAMA

dial 211

<https://211norcal.org/tehama/>

## Report Suspected Child Abuse:

- Contact: Police or Sheriff Call 911
- Tehama County Children's Protective Services  
24-hours line: [1-800-323-7711](tel:1-800-323-7711)

# OUR ENGAGEMENTS:

## Purple Cry/Shaken Baby Training:

Educate new parents on the period of an infant's life, between 2 weeks and 4 months, where they may cry incessantly and dangers of shaking a baby. Presentation are done with the shaken baby simulator, at your agency or event.

## Mandated Reporter Training:

Community workshops that address history of child abuse reporting in the United States, categories of mandatory reporters, examples of abuse, and reporting procedures.

## Scholarships:

Award scholarships to graduating seniors who have demonstrated a desire for higher education and have overcome adversities.



## Community Outreach:

Participate in a variety of community events throughout the year such as Health Fairs and the Children's Fair.

# CHILD ABUSE COMES IN MANY FORMS:

Physical Abuse: injuries to children not accidental; bruises, burns, broken bones etc.

Physical Neglect: lack of providing enough food, clothing, shelter, medical care, hygiene, supervision, etc.

Sexual Abuse: using a child for the sexual needs of adults; exposing, fondling, intercourse, phonography, sexual stimulation etc.

Emotional Abuse: attacking a child's self-esteem; constant criticizing, yelling, belittling, insulting, rejecting bullying and withholding love, support and help

Cyber-Exploitation: using internet chat rooms and sexting to exploit children

## IF YOU OR A PARENT YOU KNOW ARE IN NEED:

Give or get a break. Offer to take care of the children for a while

Be a good listener with out judgment

Look for someone to talk to

Join or encourage them to join a parenting group

Remember: IT IS OK to ask for HELP!

Call the Parent Helpline