



**PREVENTION  
CHANGES  
LIVES**

# PREVENTION CHANGES LIVES

Child abuse and neglect has a lasting impact on a child's development and their future.

Together, we can prevent child abuse and neglect  
Connect 2 Support. Connect 2 Thrive.

[www.connected2thrive.org](http://www.connected2thrive.org)

**Connected2Thrive** is a community vision, one where St. Louis thrives because we talk about mental health as health and where families have the resources needed to show up in strong and resilient ways for their children. Together, we are preventing child abuse and neglect and reducing mental health stigma.

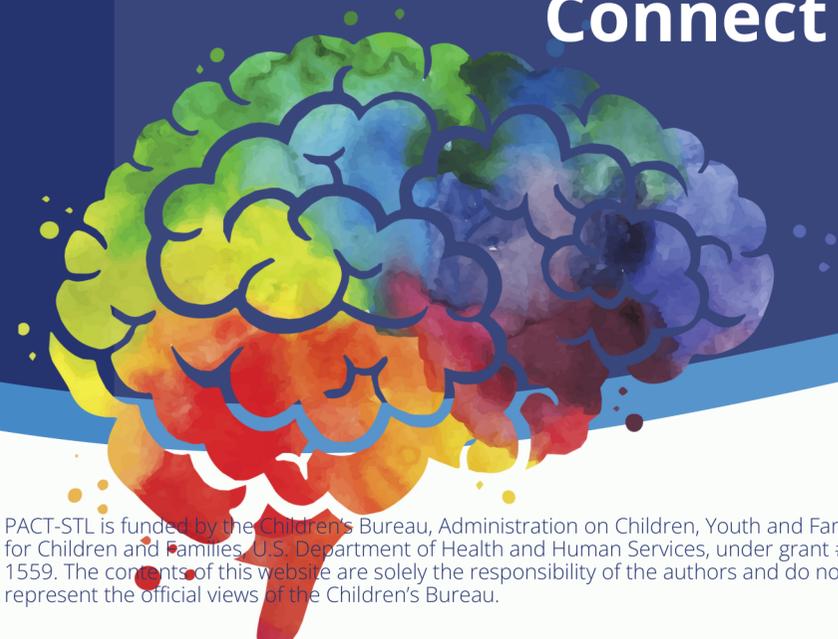


# THE FIRST FIVE YEARS

Research shows that up to 90% of children's brain develop in the first five years of their life.

Abusing or neglecting children leaves a lasting impact on their brain. Let's protect those first five years and give our children a thriving future.

**Connect to Parenting Classes.**  
**Connect2Thrive.**



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[connected2thrive.org](https://connected2thrive.org)

# PARENTING IS CHALLENGING. IT'S OK. **YOU'RE NOT ALONE.**

Find your supports to help you build  
and sustain positive relationships  
with your children.

Visit **connected2thrive.org**  
to connect to parenting supports & cafés.

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# IT TAKES A VILLAGE to raise a child; IT TAKES A COMMUNITY to support families.

Communities look out for each other and our children. Find that supportive community for your family and be that community for others.

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Attend a café and find your community.  
Learn more at [connected2thrive.org](https://connected2thrive.org).

# THE PARENT CAFÉ EXPERIENCE

“The [Parent] Café [is] like a tool to bring us out of isolation... into sharing and growing together.”

- Sam Blue

Connect to Parent Cafés today,  
visit **[connected2thrive.org](https://connected2thrive.org)**



# IT'S A PACKAGE DEAL: HELPING PARENTS, HELPS KIDS

To help children, we need to reach out to the whole family, meet them where they are, and support them.

Parents who shift to gentle parenting instead of punishment see significant change in their children's health outcomes and life.

**Connect to Parenting Classes.**  
**Connect2Thrive.**



Visit [connected2thrive.org](https://connected2thrive.org) to learn more.  
#supportedfamilies #happyhealthychildren

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*It has been said...*

**IF YOU WANT TO CHANGE THE WORLD,  
GO HOME AND LOVE YOUR FAMILY**

Our number one responsibility as parents/caregivers is to love and protect our children.

We all have the power to change the world by loving and protecting our children so they can become loving and caring adults.”

-Sanaria Sulaiman  
Vision for Children at Risk, CEO

**Are you struggling with something that  
makes it difficult to be there for your family?**

**Connect to support. [Get connected2thrive.org](https://www.getconnected2thrive.org).**



# PROTECTIVE FACTORS HELP KEEP YOUR FAMILY STRONG

“Protective factors are conditions or attributes of individuals, families, communities, and the larger society that mitigate risk and promote the healthy development and well-being of children, youth, and families. Put simply, they are the strengths that help to buffer and support families.”<sup>1</sup>

- **Social & emotional competence of children**
- **Positive social connections**
- **Parental resiliency**
- **Concrete supports in time of need**
- **Knowledge of child development**

<sup>1</sup> *Children's Bureau/ACYF/ACF/HHS: [childwelfare.gov/resources/protective-factors-approaches-child-welfare/](http://childwelfare.gov/resources/protective-factors-approaches-child-welfare/)*

<sup>2</sup> *Icons from Be Strong Families Parent Café cards*



Visit [connected2thrive.org](http://connected2thrive.org) to learn more  
about Parent Cafés & Protective Factors.

“ Protecting children is a collective responsibility. We all must do our part. Families, your children need you. Get the supports you need so **you can be there for them.**”

-- Judge Darrell Missey  
Director of the Children's Division, State of Missouri



**CONNECT2SUPPORTS**  
**CONNECT2THRIVE**



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## Social and Emotional Competence of Children

When children receive lots of nurturing & love from a young age, they are better equipped to learn and develop in a healthy way. Parents and caregivers make a big difference by caring for their child(ren) and helping them to experience, understand, & talk about their emotions.

## Positive Social Connections

Parenting is hard, life can be hard, but when we have positive social connections, we remember that we are not alone and that we will get through this. We all need someone else to help support and build us up sometimes. Surround yourself with people who want you to thrive.

## Parental Resiliency

When things are going well, we can work on building our resiliency. Then, when we hit on hard times, we remember that we will bounce back. Nobody is perfect, and perfection is not the goal, but we can work towards coming back stronger and healthier when life throws us challenges.

# Protective Factors

Center for the Study of Social Policy, Children's Bureau, ACYF/ACF/HHS

## Concrete Supports in Times of Need

Parenting becomes so much harder when our basic needs are not met. It is imperative that families are able to access the concrete supports (i.e. nutritious foods, healthcare, transportation, etc.) they need so that they can show up in the best way to nurture and provide for their child(ren).

## Knowledge of Child Development

Parenting is part natural and part learned and every family is different. Seek out opportunities to learn new methods. Our children are constantly evolving and what works now, might not work later. Build your toolbox for supporting your child in the ways that help them and you thrive.