

PARENTING IS “ONE TOUGH JOB”



and we are here to help!

April is Child Abuse Prevention Month. We know that parenting is truly “one tough job”, full of many rewards, beautiful moments, laughs and love. But the reality of raising children today is that parents become stressed and overwhelmed.

We get it! We know how hectic your life is, and we want you to know about resources in McKean County available to parents. Go to our website and click on the McKean County Resource Directory tab to find out what is available in the area McKean County area.

www.MckeanFamilyResources.net

Sponsored by The McKean County Collaborative Board, a network of McKean County organizations that promote strong families, healthy childhood and positive youth development.

Tips on Crying

- **See if something is irritating the baby.** Babies cry in order to communicate. It could be that they need to be changed, that they are hungry or are too hot or cold.
- **Try to sooth the baby.** Pick up the baby and hold it close to you, try to rock it or sing to your baby. Sometimes giving the baby a pacifier or toy will help.
- **Change settings.** Try taking the baby for a walk in a stroller or take a ride in the car.
- **Take a break.** If you have checked on the baby and tried to calm it down but it is still crying, put the baby on its back in a crib and leave the room for just a few minutes.
- **Take time to cool down.** When frustrated, it is important to do something to calm yourself down. Do a hobby, exercise, take deep breaths, count to 10 or call and talk to a friend or family member. After 5 or 10 minutes, go back and check on the baby.
- **Call for help.** If nothing seems to work, call your Health Care Provider.
- **Learn about Shaken Baby Syndrome.** For more information go to www.dontshake.org.
- **Seek support.** To get connected to services and other resources in the McKean County area, go to www.MckeanFamilyResources.net and click on the Resource Directory tab.

Parenting Resource - PARENTS AS TEACHERS

Parenting is one tough job. In fact, we think it is **the** toughest job. Children do not come with directions and there is little training on being a parent. You may not know what to do when your baby cries uncontrollably or when your toddler does not listen. As a result, parenting can be very stressful.

The Parents As Teachers program, or PAT for short, can help. PAT is offered for free to all residents with a child age birth to five in McKean County.

In the program, parents receive support and information on their developing child; information that will help them understand what is normal for a child at each stage as they grow. Parents will discover the reasons why children do certain things, like putting objects in their mouth or having temper tantrums; and then discover ideas on dealing with the behaviors in an appropriate manner.



During the sessions, which are one hour twice a month home visits, trained McKean County Family Center staff discuss with parents how to:

- set limits and handle challenging behavior.
- strengthen the relationship between parent and child.
- understand what to expect during each stage of their child's development.
- realize that challenging behavior is a normal developmental stage.

Parents also find out about other resources available to them, so that in stressful times, they know where to go for help.

Sign Up

PAT includes personal visits, periodic developmental screenings and opportunities to participate in parent-child playgroups at one of the five McKean County Family Centers. To sign up for PAT, call the Bradford Family Center at 362-1834.