



This information is provided by Minnesota Communities Caring for Children, and your local law enforcement, healthcare, and childcare professionals.

Close friend you can call ()
Minnesota Domestic Violence Crisis Line 1-866-223-1111
24 Hour Crisis Connection Hotline 612-379-6363 or 866-379-6363
Childhelp National Child Abuse Hotline 1-800-422-4453
First Call For Help 211 or 651-291-0211
MN Department of Public Health 651-201-5000 or 1-888-345-0823
Parenting Support 1-800-CHILDREN (1-800-244-5373)

WHEN YOU ARE IN NEED . . . MAKE A CONNECTION
Contact your local police department, healthcare provider, or call:

Parenting is the toughest job you will ever love.

Here are some **Survival Tips**

Important actions to keep your family strong . . .

- 1. Being a great parent can be learned.** Check out Early Childhood Family Education (ECFE) through your school district. The library has books, too.
- 2. Talk to, listen and try to understand your child before you act.** It is important to know how your child grows and develops.
- 3. You are not alone.** Reaching out to other adults you can talk to and lean on can make a big difference. Discover a Circle of Parents® group by calling 1-800-244-5373.
- 4. We all need help sometimes.** When you need help, call the Crisis Connection at 1-866-379-6363 (metro area: 612-379-6363).
- 5. Be strong and flexible.** Make time for yourself. We all feel frustrated, overwhelmed, or depressed some times, but there are ways you can take care of yourself so those feelings don't create problems for your family.

Your family is depending on you, so . . .

Take a minute to cool down. Take a deep breath. And another. Close your eyes and imagine you are hearing what your child is about to hear. Press your lips together and count to 10. Or better yet, 20. Drink a glass of cold water. If you need help, reach out and ask someone.