

Healthy Families in Klamath County



Make a
Lifelong Difference
For a Child



Nurture

Protect

Praise

Love

HEALTHY FAMILIES. Parenting is hard. It's okay to ask for help. There are resources in our community that promote the following five factors present in healthy families: nurturing and attachment, knowledge of parenting and of child and youth development, parental resilience, social connections and concrete supports for parents.

COMMUNITY RESOURCES. The following are just six of our great programs that care about children and families in Klamath County. To see other great programs, click on Community Resources at www.KlamathFallsCasa.org:

Klamath & Lake Community Action Services - 882-3500
Klamath Healthy Start – 883-1030
Life Recovery Network – 882-4646, Ext. 108

Family Support & Connections – 883-5695
Child Care Resource Network – 882-2308
WIC (Women, Infant, Children) – 883-4276

SIX CORE STRENGTHS. Do you know there are simple ways to help a child reach their full potential? Visit www.KlamathFallsCasa.org/Community-Resources/Healthy for simple ways to promote healthy brain development for infants through teenagers.

PRAISE A CHILD. Smile, nurture, protect, praise, love and hug a child today. 50 Ways to Show Kids You Care:

Notice them.	Hang out together.	Keep the promises you make.
Smile a lot.	Make time.	Inspire their creativity.
Point out what you like about them.	Accept them as they are.	Create a safe, open environment.
Give them lots of compliments.	Catch them doing something right.	Help them learn from mistakes.
Give them your undivided attention.	Tell them what you expect of them.	Have fun together.
Praise more; criticize less.	Do what they like to do.	Expect their best; don't expect perfection.
Be consistent.	Admit when you make a mistake.	Introduce them to new experiences.
Welcome their suggestions.	Daydream with them.	Tell them how proud you are of them.
Applaud their successes.	Become their advocate.	Believe in them.
Appreciate their personality.	Nurture them with good food.	Tackle new tasks together.
Be flexible.	Display their artwork in your home.	Delight in their uniqueness.
Ask for their opinion.	Let them make mistakes.	Let them act their age.
Include them in conversations.	Be happy.	Respect them.
Ask them to help you.	Visit their school.	Deal with problems when they're small.
Help them learn something new.	Be understanding.	Give them immediate feedback.
Give them good choices.	Join in their adventures.	Respect the choices they make.
Be silly together.	<i>Love them, no matter what!</i>	

Whether you're a parent, grandparent, teacher, coach or other caring adult, thank you for making a lifelong difference for a child.