

# Children's Trust of Washington



The Children's Trust of Washington is housed within the Department of Children, Youth & Families (DCYF) and administered by Strengthening Families Washington. Strengthening Families Washington focuses on helping families strengthen family bonds, understand childhood development and cope with the challenge of parenting through building the five Protective Factors that are known to help reduce child abuse and neglect. By reaching out to parents and encircling them with support, we can help strengthen families, which protects children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

## Five Protective Factors:

- Knowledge of child development
- Parental resilience
- Social connections
- Concrete supports in times of need
- Social and emotional competence/nurturing and attachment

## YOU CAN HELP!

Although a good portion of our work is funded through our federal Community Based Child Abuse Prevention grant, we do also fund our Children's Trust work through the following sources.

### Keep Kids Safe License Plate

When you purchase a Keep Kids Safe license plate, you help keep children of all ages healthy and safe. Proceeds from each plate are invested into communities throughout Washington to support programs and services that help protect children and strengthen families. Purchase a Keep Kids Safe license plate online at [www.dol.wa.gov/vehicleregistration/splkidssafe.html](http://www.dol.wa.gov/vehicleregistration/splkidssafe.html).



### Heirloom Birth Certificate

Celebrate a new life with the official Washington State Heirloom Birth Certificate. A lasting memory of a baby's birth, a reminder of a cherished grandchild, the Heirloom Birth Certificate is the perfect gift for baby showers, birthdays, graduations, anniversaries—even retirements! Order online at [www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/OrderCertificates/HeirloomBirthCertificates](http://www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/OrderCertificates/HeirloomBirthCertificates).



You can also donate directly to the Children's Trust of Washington by mailing a check to:

CTF WA c/o J. Olmstead  
PO Box 40970  
Olympia, WA 98501

Your donation is tax-deductable.



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**



**Prevent Child Abuse**  
Washington™

## Public Awareness Campaigns

### Speak Up When You're Down: Postpartum Depression

Up to 80% of new mothers experience some form of baby blues. Postpartum depression (PPD) is more than the baby blues, and it won't go away on its own. Help is available. Talking about how you feel is the first step. One woman in 10 feels depressed during pregnancy and 1 woman in 8 experiences postpartum depression after birth. The publication *Recognizing Postpartum Depression - Speak Up When You Are Down (FS\_0041)* is available online at



[www.dcyf.wa.gov/publications-library/FS\\_0041](http://www.dcyf.wa.gov/publications-library/FS_0041).

### Have a Plan: Shaken Baby Syndrome

All babies cry. It's okay. Crying is one way your baby can tell you what they need. It's normal for babies to cry two to four hours a day. Even though crying is typical, it can still be stressful. Have a plan, share your plan and remind yourself that you are doing the best you can.



### Infant Safe Sleep

Research shows parents and caregivers can take specific actions to help reduce the risk of SIDS and other sleep-related causes of infant (less than 1 year old) death. Make sure everyone that takes care of your baby knows about safe sleep. The publication *Safe Sleep for Your Baby (325-004)* is available online at [www.multicare.org/file\\_viewer.php?id=7557&title=Safe+Sleep+for+Baby+Card+-+Eng](http://www.multicare.org/file_viewer.php?id=7557&title=Safe+Sleep+for+Baby+Card+-+Eng).



### Strengthening Families Washington Coloring Book

This coloring and activity book was designed for children and families to do together to help them become stronger and understand the five Protective Factors. The publication *Strengthening Families Washington Coloring Book (FS\_0026)* is available online in English and Spanish at [www.dcyf.wa.gov/publications-library/FS\\_0026](http://www.dcyf.wa.gov/publications-library/FS_0026). Request a mailed copy of the coloring book by emailing [strengtheningfamilies@dcyf.wa.gov](mailto:strengtheningfamilies@dcyf.wa.gov).

