

### *Rural Solutions, NexEra Energy Resources partner for Child Abuse Prevention Month*

Pinwheels will be springing up in communities across northeast Colorado during April to observe Child Abuse Prevention Month. Rural Solutions and NextEra Energy Resources have teamed up to plant blue and silver Pinwheels for Prevention in the 10-county region of Colorado.

The pinwheels are reflective of the bright futures that all children deserve to have and are in observance of this April, which is National Child Abuse Prevention Month.

“Rural Solutions is thrilled to be partnering with Next Era Energy Resources to keep kids happy, healthy and safe,” said Maranda Miller, interim executive director of Rural Solutions. “The pinwheels symbolize our commitment to help children thrive and achieve the bright futures they are meant to have.”

There are five simple ways parents and adults can help grow strong families in their communities.

The first is to “Learn Skills to Help You Cope with Stress.” Since challenging times impact every family, it’s important to remember that hope and a positive attitude will help families overcome obstacles.

Next is to “Learn About Parenting and Child Development.” Just as children go to school, it is vital parents take time to learn about child development. Learning comes in the form of reading books, taking a parenting class or conducting research online. This knowledge empowers parents with how to set realistic expectations and gives them tools to handle challenging parenting situations.

Third is to “Help Children Grow and Develop.” Parents need to help their children develop

## Winds of change start in NE CO

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emotional and social competence. These life skills help children identify their feelings, clearly communicate to other people and problem solve.

Perhaps the most important is to “Surround Yourself with a Support Network” made up of family and friends. Being a parent is tough, and no one can do it alone. Family and friends provide parents with breaks, support and advice. A good network prevents parents from becoming isolated and feeling overwhelmed.

Finally, “Seek Needed Support” with difficult issues and turn to teachers, early childhood care providers or doctors for advice. These child professionals can easily offer parents advice during times of need. Parents can also call the Parent Support Line at 1-800-CHILDREN to get information, find a listening ear or get referrals to needed resources.

As Child Abuse Prevention Month begins, everyone is encouraged to reach out and support parents and children.

Pinwheels for Prevention is the national signature campaign for PCA America and its 49 state chapters nationwide. The pinwheel represents efforts to change the way people think about prevention, focusing on community activities and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur.

For more information, please visit [www.pinwheelsforprevention.org](http://www.pinwheelsforprevention.org) .

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