



April—Child Abuse Prevention Month

How to Develop Supportive Communities

What's Happening

Communities have a great influence in families' lives. Just as plants are more likely to thrive in a garden with good soil and plenty of sunlight and water, families are more likely to thrive in supportive communities. A safe place for children to play is one feature of a supportive community. Other features include the availability of food, shelter, and medical care for families as well as a culture that encourages neighbors to get to know and help one another. Supportive communities can help build strong families.

What You Might Be Seeing

Supportive communities that are nurturing to families will have the following:

- Parks and recreation facilities that are accessible, safe, and inviting places for families
- Resources to help families in need access food, jobs, medical care, and other resources
- Early education programs that are easily accessible and welcoming
- Safe, affordable housing available to all families
- Clean air and water

What You Can Do

Baby Steps

- Meet and greet your neighbors.
- Go to a parents' meeting at your child's school.
- Participate in an activity at your local library or community center.

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April Quote: "It's great not only talking about community service in theory but actually doing it." — Adam Gardner

Club
President:

Rene Critelli



April Volunteer Opportunities:

All April Events Cancelled :(

Future Volunteer Opportunities:

June 13—Food Truck Battle

June 19—Toby Keith

July 18—Brews & BBQ

October 6—Cher

October 20—Luke Combs



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BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Small Steps

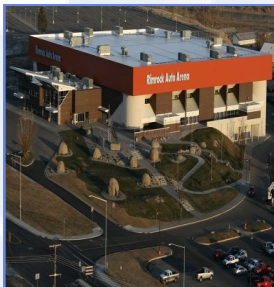
- Set up a playgroup in your community, at people's homes, or a local park (consider inviting people who may not have children at home, such as local seniors).
- Organize a community babysitting co-op.
- Volunteer at your child's school through the school's administration or parents' organization.
- Encourage local service providers to produce a directory of available services in the community.

Big Steps

- Organize a community event (a block party, father/ daughter dance, parent support group).
- Run for an office in the parent organization at your child's school.
- Attend local government meetings (city council or school board meetings) and let them know how important resources are in your community. Let them know how parks, strong schools, and accessible services help to strengthen your family and other families.
- Join or create a group in which parents and children meet regularly to play or serve together, such as scouting, a flag football league, or service club.

Remember: Everyone can take steps to make communities more supportive of families!

www.childwelfare.gov



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!



2018 BEST CLUB BULLETIN

Exchange Club
75 or more members

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

At this time, April events are either cancelled or up in the air :(

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



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CAP Center Corner

Child Abuse Prevention

Risk and Protective Factors

Risk factors are those characteristics linked with child abuse and neglect, but they may or may not be direct causes. A combination of individual, relational, community, and societal factors contribute to the risk of child abuse and neglect. Although children are not responsible for the harm inflicted upon them, certain factors have been found to increase their risk of being abused and or neglected.

Risk Factors for Victimization

Individual Risk Factors

- Children younger than 4 years of age
- Special needs that may increase caregiver burden (e.g., disabilities, mental health issues, and chronic physical illnesses)

Risk Factors for Perpetration

Individual Risk Factors

- Parents' lack of understanding of children's needs, child development and parenting skills
- Parental history of child abuse and or neglect
- Substance abuse and/or mental health issues including depression in the family
- Parental characteristics such as young age, low education, single parenthood, large number of dependent children, and low income
- Nonbiological, transient caregivers in the home (e.g., mother's male partner)
- Parental thoughts and emotions that tend to support or justify maltreatment behaviors

Family Risk Factors

- Social isolation
- Family stress, separation or divorce, and violence, including intimate partner violence
- Parenting stress, poor parent-child relationships, and negative interactions

Community Risk Factors

- Community violence
- Concentrated neighborhood disadvantage (e.g., high poverty, high unemployment rates, and high density of alcohol outlets), and poor social connections.



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Protective Factors for Child Abuse and Neglect

Protective factors may lessen the likelihood of children being abused or neglected. Identifying and understanding protective factors are equally as important as researching risk factors.

Family Protective Factors

- Supportive family environment and social networks
- Concrete support for basic needs
- Nurturing parenting skills
- Stable family relationships
- Household rules and child monitoring
- Parental employment
- Parental education
- Adequate housing
- Access to health care and social services
- Caring adults outside the family who can serve as role models or mentors

Community Protective Factors

- Communities that support parents and take responsibility for preventing abuse

www.cdc.gov

Committee Happenings:

BECON Committee—Your April BECON Editor is Shannon Johnson.

Food Truck Battle Committee—Committee has the date for June 13th. Working on recipient/s of funds raised & location.

Freedom Shrine —Freedom Shrine rededication coming up at McKinley School.

Other Happenings:

District Convention—May 8th and 9th in Butte

National Convention—July 22nd—25th in Colorado Springs, CO

GET INVOLVED!

*****Committee Chairs—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter!*****