

TAKING ACTION

What are safe, stable, nurturing relationships and environments?

Safety means that we create families and communities where children grow up free from fear, and secure from physical or psychological harm.



- We must protect youth from experiencing or witnessing violence.
- We must work to create communities that are free from violence and discrimination.
- We must create safe environmental conditions including housing conditions, water quality, and food security.

Stability is the degree of predictability and consistency in a child's social, emotional and physical environment.

- Stability comes from the presence of consistent caregivers, regular routines, and consistent disciplinary consequences.
- Within the community, stability relies on the availability of affordable housing, dependable transportation and sustainable employment opportunities.

Nurturing is the extent to which a parent or caregiver is available and able to sensitively and consistently respond to and meet the needs of their child.

- This means that children receive and witness nurturing behaviors among parents, caregivers, family members and peers.
- It means community members share the belief that we all contribute to the wellbeing of youth and support that belief by advocating for public investment in quality childcare, great schools, and youth programs.

Don't miss the small moments.

One day you'll look back and realize they were the biggest.

We all have a role to play in the safety and health of our community.

Parents and Caregivers

Tell your children about your love for them often. Model respectful behaviors in your relationships with your children, but also with neighbors, friends and colleagues.



Family and Friends

Help reduce parental stress by offering your time and talents in support of the families that you care about.

Businesses

Provide regular, consistent scheduling for all employees and adopt workplace policies that are responsive to families' needs.

Service organizations

Review organizational policies and practices to identify new ways to empower, connect and support families.

Policy makers

Invest in policies and programs that support families.

All of the small moments of care that we show add up. They influence our kids and inspire the people around us. The compassion that we share in the small moments helps to keep our families safe and our communities to thrive.

THE OPPORTUNITY

What goes on around us shapes us. This is true for all of us, but it is particularly true for youth. Children's physical, social and emotional health develop in response to the quality of relationships and the safety of the environments that surround them. Promoting safe, stable and nurturing relationships and environments can have a positive impact on a broad range of health problems and on the development of skills that enable children to reach their full potential.



Safe, stable, nurturing relationships will:

- support optimal child development.
- reduce child abuse and other forms of violence.
- foster resilience among youth who have experienced trauma.
- prevent substance abuse behaviors in adolescence.



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RESOURCES

For parents

<http://www.cdc.gov/parents/essentials/>

<http://www.parentfurther.com/>

For employers

http://www.cdc.gov/violenceprevention/pdf/essentials_sup_3_employer-role.pdf

For service agencies

<http://www.cdc.gov/violenceprevention/pdf/ssnrs-for-parents.pdf>

icadvinc.org

For community advocacy

<http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html>

<http://www.search-institute.org/research/developmental-communities>

<http://www.elacindiana.org>

For preventing addiction

<https://www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/index>



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RAISING CARING CHILDREN



Why safe, stable, nurturing relationships and environments are important

Prevent violence by creating safe and respectful communities