



# CHILDREN NEED STRONG COMMUNITIES

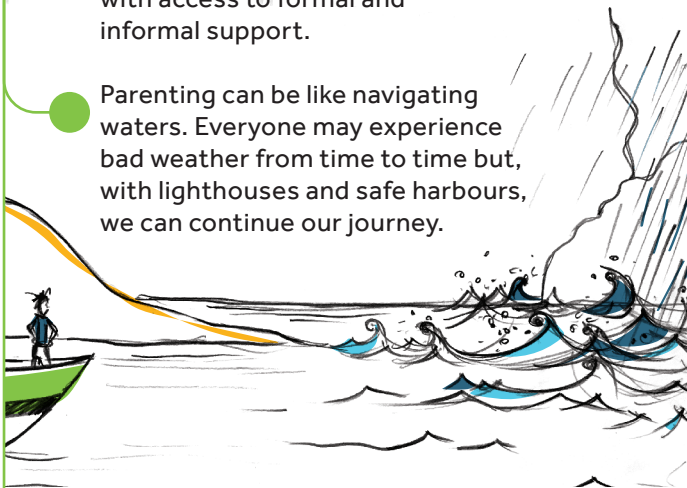
## WHAT WE KNOW:

Children thrive when their families get the support they need.

Families do best when they are part of connected communities with access to formal and informal support.

Parenting can be like navigating waters. Everyone may experience bad weather from time to time but, with lighthouses and safe harbours, we can continue our journey.

We can all help to be part of the lighthouses and safe harbours that families need.



## HOW YOU CAN BE A SAFE HARBOUR FOR FAMILIES:

Smile and say hi to the people in your local neighbourhood. Children feel safer when they know the people in their community.

Be a good listener. Sometimes people just want to talk and feel listened to.

Be kind and supportive to parents rather than judging or being competitive. Encourage people to seek support if they need it.

If you see a family that is facing challenges, it is important that they get help as soon as possible before the problem gets bigger. You may need to ask advice from an expert about what to do, especially if you suspect that the children are at risk of harm.

Swap phone numbers with other families and let them know if you are doing something they could join in with e.g. going to the park to play.

Offer help and accept offers of help. (People don't offer help unless they mean it, so it's ok to say 'yes'!).

Take a moment to think about children in your school or community who might need extra support and how you might be able to help. Being kind and respectful, being a good role model, and offering practical help such as lifts or meals, are a great start.

You may not always feel like it, but connecting with your community is good for everyone. Joining playgroups, parenting groups or sports clubs will help you and your children to have fun and meet people.

Check in with your friends from time to time if you know they are busy looking after children. Sometimes a friendly message can be a huge help to a family.

For more information about how you can play your part or to get involved in

**National Child Protection Week**  
(starting first Sunday September)

visit: [www.napcan.org.au](http://www.napcan.org.au)

**NAPCAN** PREVENT  
CHILD ABUSE  
& NEGLECT



**National Families Week**

For more information about how to get involved with National Families Week (15-21 May) and how to help build stronger families, visit [www.nfw.org.au](http://www.nfw.org.au)