

Where you can go for help

It can be hard being a parent. What do you do when you are stressed to your limit? One tip is to reach out for help. Keep a list of people and organizations that you can call. All parents need help with their children sometimes. There are people in your community that can help you. For example:

- your parents
- sisters, brothers, grandparents, aunts, uncles
- friends
- a place of worship (church, mosque, etc)
- your child's pre-school teacher or childcare worker
- your child's doctor or children's hospital
- books about parenting
- web sites about parenting
- online forums for parents
- other parents

Call 911 if you or a child is in danger and need help right away.

National Child Abuse Hotline: 1-800-4-A-Child (1-800-422-4453)
www.childhelp.org

Parents Anonymous www.parentsanonymous.org or call the
National Parent Hotline: 1-855-4-A-PARENT (1-855-427-2736)