

**Winds of Change**  
***Cultivating and Celebrating Nebraska's Youngest Citizens***

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***Nebraska Campaign Engages Communities and Parents***

Parenting is one of the most difficult jobs anyone will ever have. Although it is often fun and rewarding -- at times it can also be exhausting, frustrating, lonely, thankless, and overwhelming. All parents struggle at some point with raising their children. During April, we are highlighting the following research based messages that will be a guide to parents and communities who care about kids. **The pinwheels on display represent doing our part for approximately 4500 children age birth to age 4 in the ESU #1 counties**, highlighting the number of young children that we have an opportunity to impact.

If you work with children and families, we are asking you to have an increased awareness of the message, and provide encouragement and support to the families you touch! A new "Parent Resource Booklet" highlights information on child development from birth to teens, coping strategies for parents, child safety tips, and nutrition/fitness ideas for families. The resource book is available at [www.esu1.org](http://www.esu1.org). Click on the pinwheel to print out your own copy.

So... watch for the pinwheel displays in your area, thanks to local volunteers who have placed them. Please share the message in your communities as the message inspires and moves communities to do what we know supports children and ensures their future school success.

**The Message**

- ***Parenting challenges are different today*** than when we were kids.
- ***Reaching out for help is a sign of strength***—take advantage of parenting classes, readings, and resources to help you in your role as your child's first teacher!
- ***Every parent faces challenges and joys in raising their kids.***
- ***Positive discipline is the recommended method of guiding children*** —young and old alike—and involves taking time on your part to "teach" appropriate behaviors at specific times during development.

**What do Parents Need to Know?**

**Nurturing and attachment** are both critical for parents and caregivers who bond with and respond to the basic needs of their babies and young children. This lays the foundation for a positive and loving lifelong relationship, and stimulates brain growth as the child learns to interact in positive ways with others.

**Knowledge of parenting and of child and youth development** Join the growing number of parents who are seeking information about typical child development, and how to utilize age appropriate discipline and teaching in their everyday interactions as their child's first teacher.

**Engage in formal and informal support networks** Parents are better able to cope with everyday stressors and challenges of work and kids if you have a support system. When you understand your child's needs and are connected to resources to help you meet those needs, parenting can be a positive experience for both you and your child.

***Find out how you can support the families in your community:*** [www.NebraskaChildren.org](http://www.NebraskaChildren.org)