



## Spotlight: Child Abuse Prevention

On April 22nd, the **Marin Communications Forum** will feature a presentation about child abuse prevention and intervention.

We are pleased to welcome Bree Marchman from **Marin County Children and Family Services** and Robin Bowen from the **Child Abuse Prevention Council**, talking about the importance of investing in families to help stabilize home environments for children.

We are also very pleased to welcome our keynote speaker, former foster child **Anthony Trucks**. Anthony has a compelling story, and is now a motivational speaker-- don't miss it!

**JOIN US** on **Thursday, April 22nd** from **10 am to Noon** for this important presentation. Please email [Michelle@First5Marin.org](mailto:Michelle@First5Marin.org) for the Zoom link.

**First 5 Marin's April Commission Meeting: Wednesday, April 21st at 5:30. Please email [Michelle@First5Marin.org](mailto:Michelle@First5Marin.org) for the Zoom link.**



# Help Me Grow

MARIN COUNTY

First 5 Marin is very pleased to announce the long-awaited launch of "**Help Me Grow Marin**"-- a new program to help children and youth in Marin County by providing support for parents, healthcare providers and community service providers.

Help Me Grow Marin has information on child development, behavior, social-emotional and physical health PLUS referrals to services, programs and helpful resources.

**Call us!** 415-720-1283

**Email us!** [Info@HelpMeGrowMarin.org](mailto:Info@HelpMeGrowMarin.org)

**Follow us on Facebook!** Click [HERE](#).

Help Me Grow Marin offers free and confidential professional support in English or Spanish. Staff will follow up with families and stay connected to ensure that every child gets the services they need.

## Help Me Grow Marin

Connecting your child to a community of care

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### DESKTOP: What We're Reading

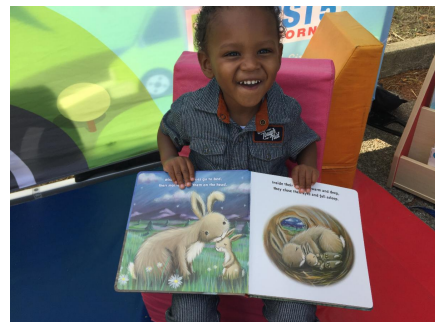
Take a look at some of the recent articles about important issues related to children and families:

#### [The New York Times: My 3-Year-Old Can Tell I'm Depressed](#)

Experts say that, instead of avoiding the topic, parents like me should shoot for 'age-appropriate honesty.' (Murray, 4/9/21)

#### [The Wall Street Journal: Loneliness, Anxiety and Loss: the Covid Pandemic's Terrible Toll on Kids](#)

A year of school shutdowns and family trauma leads to social isolation, stress and mental-health issues. (Petersen, 4/9/21)



### **Motherly: 6 activities to keep toddlers engaged on a rainy day**

Here are my top 6 cabin fever busters. May they save you this spring when it's too yucky to go out. (Noel & Schmidt, 4/8/21)

*(p.s. First 5 Marin is sharing activities for your stay-at-home child-- look for our daily emails at 8:30 a.m.)*

### **Forbes: 10 Parent Tips To Make Money Smart Kids**

Here are ten tips offered by financial professionals to parents seeking to give their kids a leg up on the competition when it comes to financial matters. (Carosa, 4/8/21)

### **The New York Times: Parents, Stop Talking About the 'Lost Year'**

Teenagers and tweens will be fine, experts say — if adults model resilience. (Warner, 4/11/21)

### **NBC: Suicidal thoughts are increasing in young kids, experts say. It began before the pandemic.**

"We need to open our eyes to the fact that this is going on," said one psychiatry professor, who found many parents do not know when their children are in crisis. (Kingkade & Chuck, 4/8/21)

### **The Washington Post: Some mothers-to-be and doctors worry about exercise during pregnancy. But it's really okay.**

Experts say pregnant women are more likely to exercise — and stick to it — during pregnancy if given clear direction from their health-care provider, but not all women get that direction. (Reilly, 4/11/21)

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## Child Abuse Prevention Month

**You can help plant the seeds of change this April and beyond.**

**April is Child Abuse Prevention (CAP) Month—a time to plant**

Children are  
**LOCALLY  
GROWN**



**the seeds of a better tomorrow  
for all children and families.  
Join Prevent Child Abuse  
America in "Growing a Better  
Tomorrow for All Children,  
Together."**

“Research shows that positive childhood experiences in nurturing environments provide fertile ground for physical and mental health, learning, and social skills,” explained Dr. Melissa Merrick, president and CEO of Prevent Child Abuse America. “By preventing child abuse and neglect we aim to holistically improve the lives of all families and the communities they live in.”

Visit [www.PreventChildAbuse.org](http://www.PreventChildAbuse.org)