

Helping Another Mom

Everyone feels helpless at times—like nothing they do is right.

This might be true for you or your friends and family. Connecting with young Moms about what's hard, and where you find strength, might help you feel less alone.

You can make a difference by telling another Mom she's not alone: 'Hey, I've been there too. Someone gave this card to me, and it helped give me ideas on places you can go to get support and be safer.'

And for you? Studies show that when we help others we see the good in ourselves, too.

Safety Planning

If you are being hurt by a partner, it's not your fault. You and your children deserve to be safe—sometimes this means putting your baby in a crib or car seat so they aren't accidentally hurt during a fight.

If your safety is at risk:

- ☎ Call 911 if you are in immediate danger.
- +
- ☎ Prepare an emergency kit in case you have to leave in a hurry with: money, phone charger, keys, medicines, a change of clothes, and important documents—birth certificates and immunization records.
- ☎ Talk to your home visitor or health care provider for help, or call/text the Love Is Respect line for additional information on safety planning.

**DEFENDING
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PROTECT HEALTH THRIVE
www.DefendingChildhood.org

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Every parent needs support at some point. There are confidential, helpful, and nonjudgmental numbers to call 24/7.

Teen Dating Abuse Resources:
www.loveisrespect.org
Text LOVEIS to 22522
1-866-331-9474

National Suicide Prevention Lifeline:
1-800-273-8255

If you are feeling frustrated or angry with your child, or just need to talk, call:
Childhelp: 1-800-4A-CHILD (422-4453)

Treatment Referral:
1-800-662-HELP (4357) Referral service for substance abuse or mental health issues



Young Moms, Strong Kids

How's It Going?

What's True in Your Relationships? (True or False)

I feel:

- Treated with respect and kindness
- People listen to me and what I say I need for my kids
- Safe and supported
- People important to me are helping me be the Mom I want to be

Everyone deserves to be cared for, respected, and empowered in their relationships. It's good for Moms and really good for kids too.

You Matter A Lot

Sometimes people forget that Moms are as important as their kids.

How are you doing? Who is supporting you? Where do you find strength?

Being a young Mom can be lonely—like you are on the outside of friends and family.

If this is true for you, talk with your home visitor about ways to connect with other Moms who are also feeling like you do. The more support you have, the better for you and your kids. Also, check out www.zerotothree.org.

Bad Days

We've all had them. Do yours ever look like this?

- Called names, shamed, or hurt by someone I am seeing or hooking up with?
- Afraid for myself or my kids because of what is done or said by someone I'm seeing or hooking up with?
- Kept from people who would support me by someone I'm seeing or hooking up with?

If you answered *YES* to any of these questions, you don't deserve to be hurt. Your home visitor or health care provider can support you and connect you to programs that help.

Coping With Pain

Ask yourself:

- Do I feel so sad I can't get out of bed or take care of my kids the way I want to?
- Am I smoking more to calm myself?
- Am I drinking more, using prescription drugs or other drugs to make the pain go away?
- Am I having thoughts of hurting myself or suicide?

If you answered yes to any of these questions, the reason might be connected to your relationships. There are people who care and want to help—please talk to someone safe in your life or call one of the hotlines on this card to figure out next steps right away.

