

CONNECTED PARENTS, CONNECTED KIDS



Many people grew up in homes where they were hurt or mistreated by someone, or there were other problems:

- X Maybe someone was hurting you or someone you love.
- X Maybe you were worried about where you would live or having enough food to eat.
- X Maybe your caregiver couldn't care for you the way they wanted to.

Your experiences growing up can affect your parenting and relationships.

Harmful experiences in childhood and adulthood can increase health issues:

- ✓ Asthma, chronic pain, diabetes
- ✓ Smoking, drinking, using drugs or pills
- ✓ Stress, anxiety, depression, suicide
- ✓ Relationships where you are hurt or hurting your partner

Everyone struggles with parenting and relationships at some point.

- ✓ Parenting can be lonely.
- ✓ You are not alone.
- ✓ It's ok to ask for help.

You and your kids deserve to be safe. You deserve to be treated with respect

Talk with your health care provider about getting help for you and your family.



Worried about a friend? You can support them:

- ✓ Connecting with them can make a difference.
- ✓ Let them know they are not alone.
- ✓ Share helpful information that you've received about where to get help.

Get free, confidential, 24/7 support:

- www.nationalparenthelpline.org
- www.thehotline.org
- Text "START" to 88788
- Call (855) 427-2736



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