

NH Children's Trust

# Help us Celebrate Parents

## Nominate a Parent for the NH Children's Trust Unsung Hero Awards

Do you know a parent or caregiver who shows one or more of these strengths: ability to bounce back from stress (Parental Resilience), a strong support system (Social Connections), understands their child's developmental needs (Knowledge of Parenting and Child Development), shows empathy and support toward their child's feelings (Social and Emotional Competence of Children), and not afraid to ask for help or receive help (Concrete Support in Times of Need). Research has found these Protective Factors reduce stress and promote the wellbeing of ALL families.

Everyone has stress but when families increase Protective Factors they build and draw on natural support networks within their families and communities. We encourage you to nominate a parent, this parent could be a parent who may have overcome adversity, is a role model to other parents or a parent whose parenting comes with ease. The Unsung Hero Award will recognize 28 parents for the 28 days of February, Parent Recognition Month. Parents are defined as a dual parents, single parents grandparents, foster or adoptive parents...

Please take a moment to think of a parent who has taken that extra step to improve the life of their own family or the lives of those around them and write a paragraph or two explaining why they should be honored. All nominations will be reviewed and carefully selected by the Unsung Hero Committee which includes past recipients, board, staff and community members. **All Nominations are due by January 7<sup>th</sup>, 2015**

### **Nominee**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State and Zip Code: \_\_\_\_\_

PhoneNumber: \_\_\_\_\_

Email address: \_\_\_\_\_

### **Nominator**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State and Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Send your nominations to:

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