

# Unsung Hero Awards 2015

## February Is Parent Recognition Month



### **Nominate a parent who shows strength with one or all of these protective factors:**

*A parent is defined as a dual parent, single parent, grandparents, foster or adoptive parent.*

- ***Parental Resilience:*** *Overcoming everyday stress and bouncing back.*
- ***Social Connections:*** *Having people who know and support them.*
- ***Knowledge of Parenting and Child Development:*** *Where to find out about parenting skills and developmental growth.*
- ***Concrete Support in Times of Need:*** *Knowing where to turn for help.*
- ***Social and Emotional Competence:*** *Knowing how to help their children talk about their feelings.*

If you know such a parent please nominate them by contacting:

Julie Day at [Jday@nhchildrenstrust.org](mailto:Jday@nhchildrenstrust.org), visit our website [www.nhchildrenstrust.org](http://www.nhchildrenstrust.org) or 603-224-1279 for a nomination form.