

Children’s Trust of Washington



The Children’s Trust of Washington is housed within the Department of Early Learning and administered by Strengthening Families Washington. Strengthening Families Washington focuses on helping families strengthen family bonds, understand childhood development, and cope with the challenge of parenting. By reaching out to parents and encircling them with support we can help strengthen families, which protects children and builds strong communities overall. Preventing child abuse and neglect is an important way to promote healthy child and family development.

Public Awareness Campaigns:

Speak Up When You’re Down: Postpartum Depression

Up to 80 percent of new mothers experience some form of baby blues. Postpartum depression (PPD) is more than the baby blues, and it won’t go away on its own. Help is available. Talking about how you feel is the first step. 1 woman in 10 feels depressed during pregnancy and 1 woman in 8 experiences postpartum depression after birth.

Have a Plan: Shaken Baby Syndrome

All babies cry. It’s okay. Crying is one way your baby can tell you what she needs. It’s normal for babies to cry two to four hours a day. Even though crying is typical, it can still be stressful. Have a plan, share your plan, and remind yourself that you are doing the best you can.

Infant Safe Sleep

Research shows parents and caregivers can take specific actions to help reduce the risk of SIDS and other sleep-related causes of infant (less than 1 year old) death. Make sure everyone that takes care of your baby knows about safe sleep.

Families Served through Children’s Trust (2014-2015):

Number of Individuals Served (Parents & Children)	Number of Families Served
1,820	692



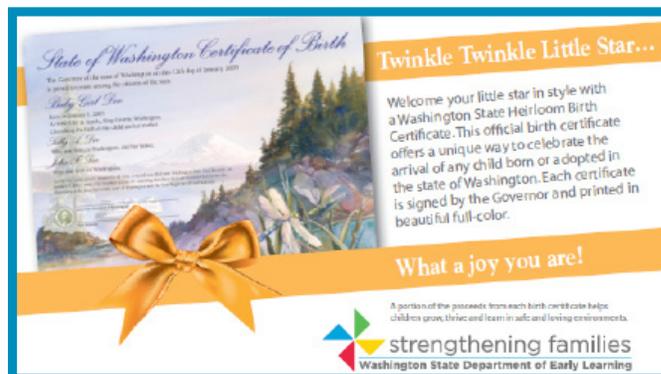
Keep Kids Safe License Plate

When you purchase a Keep Kids Safe license plate, you help keep children of all ages healthy and safe. Proceeds from each plate are invested into communities throughout Washington to support programs and services that help protect children and strengthen families. Learn how to purchase a Keep Kids Safe plate at the [Department of Licensing website](#).

Find out how to donate to the Children’s Trust Fund and get a license plate showing your support on the back of this flyer.

Heirloom Birth Certificate

Celebrate a new life with the official Washington State Heirloom Birth Certificate. A lasting memory of a baby’s birth, a reminder of a cherished grandchild, the Heirloom Birth Certificate is the perfect gift for baby showers, birthdays, graduations, anniversaries— even retirements! [Follow the ordering instructions at the Center for Health Statistics website.](#)



Did you know?

April is National Child Abuse Prevention Month. The Children’s Trust of WA supports sharing pinwheels in communities statewide to celebrate the great childhoods we want for all of our children. You’ll also see the state capitol grounds in Olympia turn silver and blue with pinwheels planted in the ground for one week in April.



Community Programs to Support Families:

Our funded programs work to build strong families and reduce child abuse. We utilize our funding to increase the capacity of programs to implement community projects to meet one or more of the protective factors.

<p>Padres Todos Juntos: Parents Together (San Juan County)</p>	<p>Child Abuse Prevention for Low Income Fathers Project (King County)</p>	<p>Raising Children in the New Country (King County)</p>	<p>Strong Parents, Strong Kids (Snohomish County)</p>
<p>Clallam: Building Family Capacities Project (Clallam County)</p>			<p>Peer Mentoring for Pregnant and Parenting Teenage Girls (Spokane County)</p>
<p>Helping Parent Program (Thurston County)</p>	<p>Postpartum Web of Support (King, Grays Harbor, Pierce, and Yakima Counties)</p>		<p>Positive Indian Parenting (Spokane County)</p>
<p>Where We Live Adapted: Culturally Relevant Child Sexual Abuse Prevention for LGBTQ Families (King County)</p>			<p>Supporting the Emotional Development of Young Children with Special Needs (Whitman County)</p>

Funded Program Highlight:

“This was a really amazing day. The work to connect understanding of Postpartum Mood Disorder (PPMD) and its impact on mothering, how trauma and institutional impression disconnects women from mothering and their babies. Women need more support. We need more and better public policy and support.”

--Participant after attending a training on Perinatal Mood Disorders,
Courtesy of PSI of WA.

Enclosed is my check payable to the **Children’s Trust of Washington** in the amount of \$ _____

**Your donation is tax-deductable.*



**YES! I want to prevent
child abuse & neglect.**

Name: _____

Address: _____

City & Zip: _____

I wish to designate my donation to the following local coalition or county: _____

**Detach and mail this portion with your donation to: CTF WA C/O J. Olmstead, P.O. Box 40970, Olympia WA 98501*