The Children’s Trust of Washington is housed within the Department of Children, Youth and Families 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 through building the five Protective Factors that are known to help reduce child abuse and neglect. 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.

5 Protective Factors:

- Knowledge of child development
- Parental resilience
- Social connections
- Concrete supports in times of need
- Social and emotional competence/nurturing and attachment

You Can Help

Although a good portion of our work is funded through our federal Community Based Child Abuse Prevention grant, we do also fund our Children’s Trust work through two ways:

- **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.

- **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! [Order here](#) or visit DOH’s website.

You can also donate directly to the Children’s Trust of Washington by mailing a check to CTF WA c/o J. Olmstead, PO Box 40970, Olympia WA 98501

*Your donation is tax-deductible.*
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.

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.

CBCAP 2nd Year Programs:

- Center for Human Services
- Connections

New Funded Programs

- Catholic Charities Eastern Washington
- Chinese Information & Service Center
- Room One

- Yakima Valley Memorial Hospital (Children’s Village)

Perinatal Mental Health Community Capacity Building:

- Childstrive
- First Step Family Support Center
- Skagit County Public Health Department
- Step by Step Family

- Support Center
- Whatcom County Health Department
- Yakima Valley Memorial Hospital
- Youth and Family Link

Families Served through Children’s Trust (2016-2017):

<table>
<thead>
<tr>
<th>Number of Individuals Served (Parents &amp; Children)</th>
<th>Number of Families Served</th>
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<td>2,183</td>
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Updated 1.14.19