

A pep talk for you

This is a pep talk for you. Yes, you.

The dad who wonders if he's messing it all up. The mom who feels like a failure. The parent of the child who just had an epic meltdown in the parking lot.

If you are a caregiver - here are a few reminders. Because, some days we all need a little pep talk.



now
what?

KEEP GOING.

now what? Keep Going.

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This is a pep talk is for all of us. You've got this.

Spread the love today - share this pep talk with another caregiver who needs a little lift. Pass it on.

Originally posted on the Now What? Blog 4/2/16. The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

now what? Keep Going.