

OUR MISSION

To promote positive parenting and to prevent child abuse and neglect in the Rappahannock Area Community, which includes: Caroline County, City of Fredericksburg, King George County, Orange County, Spotsylvania County, and Stafford County.



May, 2009, Issue 2

Special points of interest:

- 5/9 Blue Ribbon Mother's Day Dance
- Presidential Proclamation
- Lather up—to avoid sickness
- Parenting Programs
- Visit us on the WEB at <http://www.raccap.org>

Presidential Proclamation

President Barack Obama recently signed a [presidential proclamation](#) designating April as National Child Abuse Prevention Month, as presidents have done since 1983. He underscored the commitment of the new administration to preventing and responding to child abuse appropriately. The President's statement emphasized that "parent support groups provide an organized forum for assistance."



their behavior and their family dynamics are typical, and providing reassurance that the challenges they are facing aren't unique, nor insurmountable.

- ◆ Improving communication and problem solving skills
- ◆ Promoting parent leadership and shared leadership within the group
- ◆ Linking parents to resources in the community and within the groups
- ◆ Helping parents become more confident in their parenting roles.

A large part of RACCAP'S mission is to prevent child abuse and neglect and to promote positive parenting by strengthening families in our local community through mutual self-help parent support groups. RACCAP sponsors eight [Circle of Parents](#) parent support groups throughout the Greater Fredericksburg Area and Orange County. These groups do indeed provide our community with an organized forum for offering assistance to anyone in functioning in a parenting role.

Parent support groups are a way of helping families connect to a social network and helps parents become more positive parents by:

- ◆ Reducing isolation, building self-esteem, reinforcing positive parenting skills.
- ◆ Exposing parents to other families, letting them know that

[RACCAP'S Circle of Parents groups](#) meet throughout the community almost every night of the week. On a typical night, you will find groups of parents and their families gathering together for a free pizza dinner in a warm, casual atmosphere. Later the families divide into groups of parents and children and there is a program provided for each. This is a great time for sharing experiences, learning parenting tips, and having an opportunity to connect with others parents.

In a hectic, busy world parents are looking for more creative ways to enhance their parenting skills and opportunities to socialize with other parents that includes programming for the entire family. Circle of Parents welcomes everyone that walks through the doors – Join us and become the best parent you can be!

Lather Up—to avoid sickness



Regular hand washing can dramatically reduce your child's chances of getting sick. The right technique: At least 20 seconds of hand rubbing with soap and warm water (don't scrub under running water), followed by thorough rinsing. To make it less of a chore, you

might have your child sing the "ABC" song or another favorite tune while he's scrubbing up. Kids are much better washers if you allow them to pick out cool liquid soaps, super foamy varieties, and fun fruity aromas. Make it a fun part of your grocery shopping trip!

**Blue Ribbon
Mother's Day Dance
Silent Auction
May 9th, 2009**



Every year RACCAP sponsors an annual BLUE RIBBON DANCE to raise funds to support child abuse prevention and RACCAP'S parenting education and support group programs.

[Click for Ticket Information](#)

For More Information about RACCAP

PARENTING PROGRAMS

Find a location near you

[Circle of Parents](#)

Parenting Classes

Cherish the Children
Click to Give

