

WHAT IS RACCAP?

RACCAP is a volunteer organization focused on the promotion of **positive parenting** in order to prevent child abuse and neglect in the Greater Fredericksburg Area. RACCAP is comprised of business leaders, concerned citizens, and human service professionals. As a local affiliate of *Prevent Child Abuse, Virginia*, RACCAP provides advocacy and public awareness activities as well as direct services. RACCAP sponsors **Circle of Parents** parent support group program.

RACCAP'S MISSION

RACCAP's mission is to promote **positive parenting** and educate the public about the prevention of child abuse and neglect in the Greater Fredericksburg Area, which includes: Caroline County, the City of Fredericksburg, King George County, Orange County, Spotsylvania County and Stafford County.

WHY SUPPORT POSITIVE PARENTING?

Positive parenting is the key to the prevention of child abuse and neglect. Each year abuse and neglect costs your nation \$258 million per day.

- Help RACCAP ensure that **positive parenting** shapes our community policies.
- Help RACCAP educate our community about the benefits of **positive parenting**.
- Help RACCAP help families put **positive parenting** strategies to work in their home.

In offering your support, whether it be your time, your money, or both, we can work together to make the Greater Fredericksburg Area a stronger, safer, more positive place for all the citizens of our community.

WHAT DOES RACCAP DO?

1. RACCAP promotes **positive parenting** in the Greater Fredericksburg Area and makes the public aware of the causes and effects of child abuse and neglect. Circle of Parents support groups provide support for those who are seeking ways to become more positive parents. Through public education displays, RACCAP distributes positive parenting information to interested parents.



2. RACCAP works with other local organizations to help families learn **positive parenting** techniques by implementing new and innovative prevention programs and providing continuing support for those programs. The coordination of the April Blue Ribbon Coalition awareness campaign is one of our more successful collaborative projects.
3. RACCAP provides knowledge and skills for the promotion of **positive parenting** and the prevention of child abuse and neglect to individuals and organizations through our Annual Meeting and other training programs.
4. RACCAP advocates for effective laws, policies and procedures, and programs which promote **positive parenting** to prevent child abuse and neglect.
5. RACCAP *cherishes all children* and encourages others to do the same.

WHAT DO YOU GET FOR BEING A MEMBER OF RACCAP?

- The strong feeling of satisfaction of knowing that you are a part of the positive parenting solution.
- A connection with other people and organizations who care, as you do, about every child's quality of life.
- Notice of community events and programs you can participate in.
- A newsletter that keeps you in touch with what's being done in our local community to keep children safe.

YOU CAN MAKE A DIFFERENCE!

To get help or give help
Please call RACCAP:
(540)785-6217
or toll free **(877)785-6217**



or Prevent Child Abuse, Virginia
1-800-CHILDREN

MEMBERSHIP INFORMATION

The RACCAP membership year begins February 1st and ends January 31st.

<u>Type</u>	<u>Fee</u>
Gold	\$1,000.00
Silver	\$ 500.00
Bronze	\$ 250.00
Patron	\$ 100.00
Corporate/Business	\$ 50.00
Non-profit Organization and/or Agency	\$ 25.00
Family	\$ 25.00
Individual	\$ 15.00
Student	\$ 7.50

Name _____
Agency/Bus. _____
Address _____
City _____
State _____ Zip Code _____
Phone # _____
Email _____

_____ Please mail me more information on your program.

RACCAP
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Email: raccap@raccap.org
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COMMUNICATION TIPS FOR ADULTS AND CHILDREN

- ◆ Teach children to listen...gently touch a child before you talk...say his/her name.
- ◆ Speak in a quiet voice...whisper sometimes so children have to listen - they like this.
- ◆ Look a child in the eyes so you can tell when they understand...bend or sit down...become the child's size.
- ◆ Practice listening and talking. Talk with children about what they see on TV, at the park, or at school.
- ◆ Catch children and teens being good. Praise them for cooperating with you and their siblings, for doing those little things that are easy to take for granted.
- ◆ Praise builds self-confidence in a child and reinforces communication.
- ◆ Children are never too old to be told they are loved. Saying "I Love You" is important. Writing it in a note provides the child with a reminder that he/she can hold.
- ◆ Give your undivided attention when a child wants to talk with you. Don't read, watch TV, or fall asleep.



Partner Agency

A Rappahannock United Way Agency
RACCAP's financial statement is available upon written request from the Virginia State Office of Consumer Affairs.

RACCAP

Rappahannock Area
Council for
Children and Parents



Cherish Our Children