



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Keep Your Family Strong

Be Strong and Flexible

Look inside ourselves to find strength.
Look back on how you have overcome hard times before.
Be open to new ideas.



Parents need Friends

Friends give each other advice and help.

Being a Great Parent is part Natural & part Learned

Having babies is one thing, learning how to raise them means getting educated.



We All Need Help Sometimes

Balancing how to take care of our kids and of ourselves is difficult.

Your family is depending on you, so if you need help, reach out and ask for it.

Parents Need to Help their Children Communicate

Sometimes you may not understand why your child is acting out.
They might be trying to tell you something.
Help is available to help your child communicate better.



Give Your Child the Love & Respect They Need

If we want our children to grow up to be confident and secure adults,
we must express our love and concern for them from the very beginning.

For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm
or call 630-208-3801





Raising Families Gets More Challenging All The Time

The world is changing and the job of parenting is more complicated. There's always new information about how to keep our children healthy and safe, and help them to grow up to be successful adults.

Everyday we have to make difficult decisions and deal with many responsibilities. How DO WE DO THIS WITHOUT GETTING OVERWHELMED?

Some of us turn to drugs and alcohol. Sometimes we take our anxiety out on our partners or our kids. Sometimes families fall apart, not because we don't love each other, but just because we don't know the best way to deal with problems.

Help is available:

Your doctor, minister, social worker, early childhood center or school district may be able to give you some advice on helping your child communicate better.

Kane County AOK website list of Parent support groups: www.kanehealth.com/aok.htm

Developmental Screening includes physical, speech and behavioral development.

For screening in Kane County:

Children birth to age 3 call Child & Family Connection for (630)879-2277

Children after their 3rd. birthday contact your local school district

We need to know more about the best ways to show love, respect and appreciation for our spouses and children.

We also have to understand ourselves better and learn to take care of our own needs. The truth is that families take work - but for every ounce of effort you invest in your family, the results will be amazing!

Distributed by: