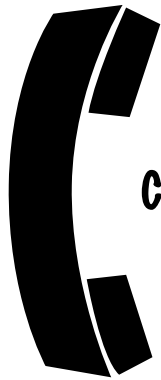


Families First



1-866-Las-Familias
1-866-527-3264

Gratis

Consejos para Familias

*Para cuando el cuidado
de nuestros hijos es difícil*

Help Line

Receive

Understanding

Information

Community Resources

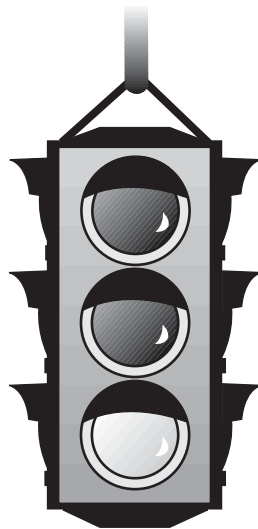
www.FamiliesFirstColorado.org

This brochure is designed for a Spanish-speaking audience. The translation is as close to direct as possible and included for your convenience. It would read differently if created for an English audience.

Successful Parents...

- **Care** for their own health: physical, mental and spiritual
- **Listen** to their children and talk with them
- **Find** much to praise
- **Establish** firm, reasonable limits
- **Follow through** with their words
- **Are consistent** with their actions

Before acting with anger



Stop

Think

**Speak with
care**

Families First

- Provides help to any father or mother – any caregiver
- Respects cultural and individual differences
- Understands that parenting is a lifelong learning process

Family Support Services

- Help Line
Consejos para Familias
- Seminars and Classes
for Parents Seminars
- Support Groups
CIRCLE of PARENTS®