



UNSUNG HERO *awards*



Nominate a Parent Today!

Do you know a parent who shows one or more of these strengths?

- ◆ Ability to bounce back from stress (*Parental Resilience*)
- ◆ Has a strong support system (*Social Connections*)
- ◆ Understands their child's developmental needs (*Knowledge of Parenting and Child Development*)
- ◆ Shows empathy and support toward their child's feelings (*Social and Emotional Competence of Children*)
- ◆ Is not afraid to ask for help or receive help (*Concrete Support in Times of Need*)

Research has found these Protective Factors reduce stress and promote the wellbeing of **ALL** families. Everyone has stress, but when families increase Protective Factors, they build and draw on natural support networks within their families and communities. We encourage you to nominate a parent who may have overcome adversity and is a role model to other parents as well as parents whose parenting comes with ease. The Unsung Hero Awards will recognize 28 parents for the 28 days of February—Parent Recognition Month. **In our eyes, parents can be co-parents, single parents, grandparents, foster or adoptive parents.**

Nominate a parent who has taken that extra step to improve the life of their own family or the lives of those around them. **Write a paragraph or two explaining why they should be honored and submit the information in the form.** All nominations will be reviewed and carefully selected by the Unsung Hero Committee which includes past recipients, board, staff, and community members. **Nominations are due by January 5, 2019.** Unsung Heroes will be honored in a ceremony at the New Hampshire State House in February.

Nominee Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Nominator Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Send your nominations by January 5 to:

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