

Unsung Hero Awards 2018

February is Parent Recognition Month

Nominate a parent for NH Children's Trust's Unsung Hero Awards

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

- ability to *bounce* back from stress (Parental Resilience)
- 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)
- *not afraid* to ask for help or receive help (Concrete Support in Times of Need).

Research has found that these Protective Factors reduce stress and promote the well-being 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, is a role model to other parents or whose parenting comes with ease. The *Unsung Hero Award* will recognize 28 parents for the 28 days of February, Parent Recognition Month. **Parents are defined as dual parents, single parents, grandparents, foster or adoptive parents.**

Please take a moment to think of a parent who has taken that extra step to improve the life of their own family or the lives of those around them and write a paragraph or two explaining why they should be honored. All nominations will be reviewed and carefully selected by the Unsung Hero Committee, which includes past recipients, board, staff and community members. **All Nominations are due by January 5th, 2018**

Nominee

Name: _____

Address: _____

Town, State and Zip code: _____

Phone Number: _____

Email Address: _____

Nominator

Name: _____

Address: _____

Town, State and Zip Code: _____

Phone Number: _____

Email Address: _____

Send your nominations to:

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