

**It's okay if you're
not a perfect parent.**

**Good parents
STRUGGLE.**

**Good parents
MAKE MISTAKES.**

**Good parents
FIND HELP WHEN
THEY NEED IT.**

**That's why
we're here.**



CHILDHELP NATIONAL CHILD ABUSE HOTLINE

1-800-4-A-CHILD
(1-800-422-4453)

The Call is Confidential | We're Here to Help