

Families First



Help Line

Receive

Understanding

Information

Community Resources

www.FamiliesFirstColorado.org

Successful Parents...

- **Care** for their health: physical, mental and spiritual
 - **Listen** to their children and talk with them
 - **Find** much to praise
 - **Establish** firm, reasonable limits
 - **Are consistent** and follow through
- as well as*
- **Remain calm** before acting in anger



Stop

Think

**Speak with
care**

Families First

- Provides help to any father or mother
- 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
- Support Groups
[Circle of Parents®](#)

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.