

# When is the last time you ask yourself "Now What?"

## **There's a frazzled mom wearing pajamas.**

She's tiptoeing through a dark living room. Exhausted, this mom's simply trying to make it to bed after a long day. Almost there ... but she trips over a land mine of Legos hiding in the middle of the carpet. She lets out a yelp and baby wakes up with a shriek.

### **now what?**

## **There's a toddler sitting in a shopping cart.**

Wait... It actually appears that he's trying to stand in the shopping cart. And he's screaming at the top of his lungs, "TRUCK! MY TRUCK!"

### **now what?**

## **There's a scene that many parental nightmares are made of - a road trip with two young children.**

There's screaming and fighting. There are diaper incidents. There's very little peace or quiet.

### **now what?**

If you are anything like us, these scenarios sound like moments in your life - your living room, your shopping cart, your SUV cruising down the highway.

## **This blog is for you.**

### **now what?**

is for you - the caregiver just trying to make it through the day, the daycare drop-off or the grocery trip. Those parents who love their children so much, but sometimes feel like hiding in the bathroom with a bag of M&Ms.

### **now what?**

is also for non-parents. We've all been in a situation where a parent or child simply needs a kind word or helping hand. We believe that a strong community begins when we all come together to improve the lives of our children.

## **It's all about the moments we ask ourselves, "now what?"**

This isn't your typical parenting blog. We'll ask the experts, talk to other caregivers, and share practical ways to improve the lives of parents and children. We'll encourage you to keep going, keep learning, keep loving, and keep connecting.

**now what? Keep Going.**

# When is the last time you ask yourself "Now What?"

Because we believe...

## Parenting isn't easy.

There is no parenting manual and there are no multiple choice tests.

But we'll provide ways to break down the tough issues to help you become a better caregiver. And we'll share ways to become more resilient and move forward when you need an extra push.

## Parenting can be lonely.

We don't realize that many other moms and dads are going through the same struggles we are. And it can be hard to ask for help.

But we'll share ways to connect with other caregivers as well as the community services you don't even know exist.

## Parenting is so important.

The bottom line is that being a caregiver is one of the most important jobs we have. We are responsible for building the foundation of our children's lives.

That strong foundation provides our children a solid start to a successful future.

## now what? keep going.

The next time you are the mom stepping on a mountain of Legos in the middle of the night or the dad just trying to survive a road trip, remember that what you are doing matters.

You know that being a parent is a marathon, not a sprint. Celebrate those good days and put the bad days behind you.

Originally posted on the Now What? Blog on 7/23/14 The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

**now what? Keep Going.**

