



Nominate a Parent, Primary Caregiver, or Guardian for the Children's Trust of Washington



Help us celebrate February as Parent Recognition Month as we honor 28 individuals around the state!

Since 2011, with your help, we have honored 140 men and women in Washington for the roles they have taken with their families, school and communities. They have been recognized because they have shown **strength, courage and empathy** in their communities.

Research has found Protective Factors reduce stress and promote the well-being of **ALL** families.

The **Five Protective Factors** are:

- **Parental Resilience:** I can overcome hard times and bounce back.
- **Social Connection:** I have people who know and support me.
- **Knowledge of Parenting and Child Development:** I know where to go to find out about parenting skills and my child's developmental growth.
- **Concrete Support in Times of Need:** I know where to turn to for help.
- **Social and Emotional Competence of Children:** I know how to help my children talk about their feelings.

Parenting is a wonderful learning and discovery process. Please take a moment to nominate a parent, primary caregiver or guardian who is working toward building one or more of these five protective factors.

Nominations must be in by January 6, 2017.

Send your nominations to:

strengtheningfamilies@del.wa.gov or,

Attn: SFWA

1110 Jefferson St. SE

Olympia, WA 98501

Phone: 360/725.4414

[More Unsung Hero Info Here](#)

Unsung Hero Award Nomination Form

February is **Parent Recognition Month in Washington**. What better way to recognize a parent, grandparent, foster or adoptive parent or other caregiver than by acknowledging all the wonderful things they do to strengthen their family and those around them in the community.



Do you know a parent, primary caregiver, guardian, foster or adoptive parent or a grandparent 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 towards their child's feelings (**social and emotional competence of children**), and not afraid to ask for help or receive help (**concrete supports in times of need**). Research has found that these five 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.

Give us your nomination and we will give special recognition to 28 individuals from around the state by awarding them publicly with an **Unsung Hero Award!**

We invite you to nominate a parent, primary caregiver, or guardian who lives in Washington to receive this special Unsung Hero Award. Tell us what you think is so remarkable about them. We will select 28 nominees – *one for each of the 28 days in February* – for a special award, which we will present to them during a ceremony.

Please submit your nomination by **January 6, 2017.**

Email nominations to: strengtheningfamilies@del.wa.gov.

Name of Nominee: _____
Mailing Address: _____
Phone: _____
Email: _____

Reasons you are nominating this person (please limit your response to 250 words or less):

Your (nominator) Contact Information:

Name: _____
Address: _____
Phone: _____
Email: _____

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