

# RECIPE FOR



- 1 gallon unconditional love
  - 2 cupfuls community support
  - 1 large sense of humor
  - 3 cupfuls flexibility
  - 1 pint each appreciation and affection
  - 3 teaspoons pure extract of understanding
- Sweeten with generous portions of love and sharing.
- Serve with frequent hugs

# A HAPPY FAMILY

Families are made up of unique ingredients. However, each recipe for a happy family needs community support to succeed.

Reach out to families in your community. Offer support. Lend a hand. Let them know you care. And if you are a parent and need help, ask for it.

For more information, call 1-800-CHILDREN or visit [www.preventchildabuse.org](http://www.preventchildabuse.org).



**Prevent Child Abuse**  
North Carolina