



Communication Services Department
5334 South Prince Street
Littleton, Colorado 80166-0001
Phone: 303-710-7893
Fax: 303-738-7894
www.co.arapahoe.co.us

For release: April 4, 2007

Contact:

NICHOLE PARMELLY

Communication Services Specialist II

Direct: 303-636-1945

Mobile: 303-710-7893

Email: nparmelly@co.arapahoe.co.us

Spare some change and make a difference

Arapahoe County challenges Jefferson County to a duel

Littleton, Colo. --- April is Child Abuse Prevention Month. In an effort to raise awareness and monetary support for this worthy cause, Arapahoe County has challenged Jefferson County to a duel. Both counties will be collecting change throughout the month that will go to programs that stop child abuse and neglect before it starts. Which county will raise the most funds?

Residents are more than welcome to join in the friendly competition, just be sure not to cross county lines. Be on the lookout for colorful piggy banks at various Arapahoe County and Jefferson County buildings. Stop by to feed the pig and pick up a bookmark filled with tips on what you can do to help prevent child abuse. Arapahoe County piggy banks can be found at:

CentrePoint Building: 14980 E. Alameda Drive., Aurora, CO 80012

Administration Building: 5334 S. Prince Street., Littleton, CO 80166

Arapahoe Plaza: 1690 W. Littleton Blvd., Littleton, CO 80120

Public Works Building: 10730 E. Briarwood Ave., Suite 100, Centennial, CO 80112

Road & Bridge Building: 7600 S Peoria St, Englewood CO 80112

Road & Bridge Building: 141 S. Fetzer St, Byers, CO 80103

Justice Center: 7305 S. Potomac Street, Suite 101, Centennial, CO 80112 (beginning 4/4/07)

Sheriff's Administration: 13101 E. Broncos Parkway, Centennial, CO 80112 (beginning 4/5/07)

Detention Facility: 7375 S. Potomac, Centennial, CO 80112 (beginning 4/5/07)

All proceeds from the piggy banks will be donated to Families First and their child abuse prevention programs. Families First is a non-profit organization that strives to protect children by strengthening families and providing parent education and support.

As a community, we can reduce the risk of child abuse and neglect by creating supportive environments that empower parents and give them the tools they need to raise their children in safe, loving and nurturing homes. You can reach out to parents and children to reduce the stress that often leads to child abuse and neglect. Here are a few tips you can do to prevent child abuse and neglect:

- Help a friend, neighbor or family member by offering to baby sit.
- Do at least one activity a day to keep a child happy, healthy and safe, such as reading a book or preparing a special meal.
- Never leave a child unattended in a car, especially in hot weather

- Learn about child development to improve your ability to safely respond to a child's needs
- Learn healthy ways to cope with stress. When you feel overwhelmed take a time out.
- Help children develop self control by setting limits, teaching good behavior and building self esteem.
- Ask community leaders to support initiatives that promote parent support and child abuse prevention programs.

Parenting can be tough. If you feel overwhelmed or stressed out, these organizations can help.

- Families First: 303-695-7996, www.familiesfirstcolorado.org
- The Kempe Center: 303-864-5300, www.kempe.org
- United Way: 211, www.unitedwaydenver.org

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