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Help us spread the word!



Do you belong to a support group that's interested in protecting children's healthcare? Your efforts will be stronger as we gain more people to spread the word. Forward this note to a friend today and ask them to join the [Parent Action Committee](#).

Parent Action Committee Online

Visit our [Web site](#).
Friend us on [Facebook](#).
Follow us on [Twitter](#).

Making a Difference for Arizona's Children

Issue 3 - April 2009

Tell your story to help children's healthcare reform

Congress is working on a healthcare reform bill right now, and there's no better voice for children than you: parents, family members, physicians, and nurses who care about children and about their health.



That's why we are asking for your help: Please [share your story](#) about how quality healthcare made a difference in your child's life.

Phoenix Children's belongs to a national group of about 40 children's hospitals. We'll share some of your stories with lawmakers who are working on the healthcare reform bill. The online campaign, [Speak Now for Kids](#), wants to make sure our elected officials keep kids in mind as they are working on this very important issue.

Are you willing to tell your story to help kids across the country? Please [contact us](#) today for details. And thank you in advance for your help.

Child abuse is on the rise - you can help

April is Child Abuse Prevention Month, but **we are distressed to report that child abuse is on the rise across the country**. A [recent story by Reuters](#) says tough financial times are leaving many families so stressed they are taking it out on their children. The story also notes many families can no longer afford medicines and other help for their children, leading to child neglect or maltreatment.

[Watch](#) a story from ABC 15 that interviews Phoenix Children's experts about this troubling problem.

You can help. If you see a parent talking to or treating a child harshly, here are some simple things you can do to provide support and defuse the situation:

- Sympathize with the parent. Say something like, "Looks like you've both had a long day," or "I remember how stressful it was when my child got upset like that."
- Offer understanding and assistance. Sometimes a parent's anger is fueled by embarrassment at the fuss the child is making. Say, "Children sure can wear you out. Is there anything I can do to help?"
- Don't give dirty looks or make snide remarks. Disapproval or anger will only increase the parent's anger and could make the situation worse.

Learn more by visiting the [Hospital's Web site](#) today or call the Child Abuse Prevention program at (602) 546-3351.

Take Action!

[Share your story](#) with the Phoenix Children's Parent Action Committee to help keep kids front and center in the effort to reform healthcare.

[Sign up](#) for the Speak Now for Kids online campaign.

[Learn more](#) about how you can help prevent child abuse.

Please [contact us](#) with your questions and concerns, forward this message to your friends and family, and ask them to [join the team](#). Don't forget we are on the [Web](#), [Facebook](#), and [Twitter](#), too!

Sincerely,

Parent Action Committee
Phoenix Children's Hospital



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