Here are some great places where you can get help for your children:

**United Way of Southern Nevada**
Provides information about many Southern Nevada resources for children and families.

**The Parent Connection Clark County School District**
Helps parents get involved in their child's education.

**Clark County Parks & Recreation**
Provides information on Clark County's many parks and recreation programs.
Sunset Park Administrative offices
2601 E. Sunset Rd. Las Vegas, NV (702) 455-8200 [http://www.co.clark.nv.us/parks/homepage.htm](http://www.co.clark.nv.us/parks/homepage.htm)

**Clark County Social Services**
Provides financial and medical assistance, protective services for seniors, regulation of child care facilities and alternative dispute resolution services.
1600 Pinto Ln. Las Vegas, NV (702) 455-4270 [http://www.co.clark.nv.us/social_service/default.htm](http://www.co.clark.nv.us/social_service/default.htm)

**Family to Family Connection**
Helps to provide education, information, and resources to families with infants and toddlers.
1087 W. Charleston Las Vegas, NV (702) 486-3514 [http://www.newbabycenter.org](http://www.newbabycenter.org)

**Family Resource Centers of Nevada**
Connects families with information and programs in their community.

**Clark County Health Department**
Free and low-cost medical services provided regardless of income level.

**Women Infants and Children (WIC)**
A federally funded program that provides food vouchers for eligible families.
625 Shadow Ln. Las Vegas, NV (702) 389-1465, [http://health.state.nv.us/wic/index.htm](http://health.state.nv.us/wic/index.htm)

**Friendship With Families**
A community-based program that connects well-trained and caring volunteers with families.

**Economic Opportunity Board**
Provides services, programs and resources which help families reduce or eliminate poverty.
3682 N. Rancho Las Vegas, NV (702) 647-1510, [http://www.eobcc.org/index-4x.htm](http://www.eobcc.org/index-4x.htm)

Being a parent is not an easy job in today's world. Sometimes parents need support or ideas to help them be better parents. While all families do things differently, research has suggested that there are common characteristics that make families successful. These characteristics have been studied by nationally recognized parenting experts and put into six categories or keys1. These keys are: Care for Self, Understand, Guide, Nurture, Motivate, and Advocate.

Every family is different. There is no one correct way to be a parent. This fact sheet does not teach the "how to's" of parenting. It does, however, explain one of the six keys of successful parenting. These keys are important to parents and parenting, although different styles and customs may influence how these keys are used in families. It is important for all parents to: Care for Self, Understand, Guide, Nurture, Motivate, and Advocate. How a parent practices these principles is up to each family and its way of doing things. If parents can practice these keys, they can unlock the door to a happy and healthy family.

This fact sheet focuses on one of the keys, Advocate. Look for additional fact sheets with Parenting Keys: Care for Self, Nurture, Guide, Motivate, and Understand.

Advocate means parents seek out resources and services in the community that can help their children be happy and successful. When a child has a need or a problem, parents who Advocate connect their children with programs that help meet that need or solve that problem. For example, a parent has a child who is having trouble with reading. This parent enrolls the child in the local library’s summer reading program to help improve his or her reading skills.

Also, parents who Advocate don’t just look for programs that help solve a problem they also look for programs or activities in their community that help their children grow. For example, a parent takes her child to a natural history museum to help the child learn about different kinds of animals. Or, a parent with a child who likes to ride skateboards, finds a local skateboard club where the child can learn new tricks and proper safety. Children who are given the opportunity to take advantage of what a community has to offer will learn more about themselves and the world around them.

Communities often have a wide variety of services, programs, and activities for families. Parents who are Advocate help make the connection between their children and these community resources.

Clearly, being an Advocate is easier said than done. Parents often do not know about the different resources available in their community.

What do you know about family resources in your community? List where a family can go if they have the following problems:

- Did you know where you could go to find help?
- How did you know about these programs or activities?

How can parents Advocate for their children?

Parents need to be able to contact programs and organizations and ask for help or information. Some parents may not feel comfortable contacting such organizations or agencies. They also might have had difficulties in the past dealing with different organizations or agencies.

Sometimes, in order to get what you need, it takes knowing what questions to ask. Here is an example of what parents may say when they are calling an agency for help:

Hi my name is ________ and I have a problem I was hoping you could help me with. My (age of child) child is having trouble reading and I thought you might know where I could go to get some assistance for him.

Could you recommend anywhere else I could call to find assistance for him?

Thank you for your time.

Being an Advocate for children comes easy for some, but for others it is difficult. Being an Advocate takes practice, but with some help parents can do it. Children who have parents as Advocate have an important advantage in life. They have someone who supports them.

- You think your child might have a drug problem.
- Your second grader is having trouble reading.
- Your son keeps saying he is always bored.