Ten Ways to Help Prevent Child Abuse

Help a friend, neighbor or relative
- Be a nurturing parent
- Report suspected abuse or neglect
- Volunteer at a local child abuse prevention program
- Monitor your child's television and video viewing
- Promote programs in school
- For volunteer opportunities in the area, call (702) 895-5053

If your baby cries:
- It can be frustrating to hear your baby cry. Learn what to do if your baby won’t stop crying. Never shake a baby; shaking a child may result in severe injury and/or death.

Help yourself:
- When the big and little problems of everyday life pile up to the point you feel overwhelmed and out of control - take time out. Don’t take it out on your child.
- Be a nurturing parent
- Children need to know that they are special, loved, and capable of following their dreams.

Ways to Show Kids You Care
- Acknowledge them
- Smile and hug them - a lot!
- Ask them about themselves
- Listen to them
- Play with them
- Read out loud together
- Giggle together
- Say yes
- Set boundaries that keep them safe
- Be honest
- Notice when they are acting differently
- Stay with them when they are afraid
- Suggest other behaviors when they’re acting out
- Share their excitement
- Notice when they are absent
- Call them to say “hello”
- Discuss their dreams and nightmares
- Kneel, squat or sit at their eye level

- Answer their questions
- Be consistent
- Let them act their age
- Tell them how terrific they are - often!
- Learn what they have to teach
- Use your ears more than your mouth
- Make yourself available
- Show up at concerts, games and events
- Apologize if you’ve done something wrong
- Keep promises you make
- Point out what you like about them
- Catch them doing something right
- Give them your undivided attention
- Praise more; criticize less
- Expect the best; do not expect perfection
- Enjoy your time together
- Help them learn from their mistakes
- Empower them to help themselves
- Love them, no matter what!

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Practice Good Problem Solving

Adapted from an article written by Dr. Roxanne Dryden-Edwards from the Kennedy Krieger Institute, Career and Technology Center at John Hopkins University.

Helping Children Manage Stress: An Adult Guide

Growing up is inevitably a stressful endeavor.
- Children face loss, separation, sorrow, and other painful emotions during family life transitions; school transitions and as well as during crises.
- Most children are quite adaptable to normal stress. Some children experience long-term problems when stress goes beyond the normal.

You may see signs of your child’s stress that concern you. Cruelty to animals and other children, fascination with violence in the media, temper tantrums, lack of empathy for the feelings of others, isolation and alienation from his or her peers and teachers. This strikes fear and sorrow in you and you want to do something for your child. The following suggestions may help:

Make Your Home a Safe Haven
- Keep a calm, structured atmosphere at home.
- Daily routines and plenty of quiet time are needed.
- Cut back on activities that take you away from your child’s presence. Club meetings and working overtime should wait. Your child cannot!

- Help your child learn to recognize and name their feelings. Show acceptance of negative feelings, but not negative behaviors.
- Take them out really does help prevent a child from “acting out” negative emotions. If your child can’t talk to you about his or her difficulties, find someone with whom he or she can talk. Even short-term counseling can be beneficial to a child experiencing life stress.
- Provide creative outlets for your child - basic art supplies, Legos, books, whatever he or she enjoys.
- Hug your child often! Tell them that you love him/ her every day!
Bullying: A Parent’s Guide

Every day nearly 160,000 children in the U.S. stay home from school because of bullying. Bullying isn’t “just part of growing up.” It can have a lasting effect on the victim, the bully, the school, and the community. Every child deserves an environment where they can develop the following healthy relationships and values.

The following are some ways parents and adults can help prevent the long-lasting effects of bullying.

**General Prevention Tips**

1. **Spend Quality Time with your child.** Talk and listen to your child.
2. **Be a positive role model.** Respect others and stand up for yourself when people don’t respect you.
3. **Teach your child not to be a bystander.** Encourage your child to tell the bully to stop, or to walk away and get help from an adult.
4. **Encourage your child to set and reach goals.** Teach that using violence to solve problems or deal with anger only makes things worse.
5. **Encourage your child to talk to someone about it.** A victim may:
   - Feel embarrassed or ashamed.
   - Feel angry or upset.
   - Feel that nobody deserves to be bullied.

6. **Be assertive and confident.** Use body language to show you are not afraid.
7. **Be involved in your child’s education.** Know where your child goes to school, and the community. Every child deserves an environment where they can develop the following healthy relationships and values.

**Tips for Parents of Bullies**

1. **Know the warning signs.** Your child may be bullying others if they:
   - Enjoy putting others down and don’t care about others feelings.
   - Disrespect authority and people who are different from them.
   - Disregard rules.
   - Need to have power over others.
   - Make jokes about violent acts or enjoy violence.

2. **Ask how you can help your child do better.** Ask parents to consider behavior.
3. **Teach your child about safe environments.** Talk to your child about daily events.
4. **Encourage your child to set and reach goals.** Teach that bullying is wrong and set clear, nonviolent consequences for future bullying behavior.

**Tips for Parents of Victims and Witnesses**

1. **Know the warning signs.** A victim may:
   - Feel embarrassed or ashamed.
   - Feel angry or upset.
   - Feel that nobody deserves to be bullied.

2. **Stay calm.** California is a good place to study.
3. **Establish a routine at home.** Set up regular times to do homework, play, and go to bed.

If your child brings home a disappointing report card:

- Ask what your child can do to make better grades.
- Make plans with your child’s teacher and your child to do better.

For more statewide resources go to nevada211.org or dial 211 on your phone.

More parent and provider information available at our website preventchildabusenevada.org

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**Prevent Child Abuse Nevada (PCA-NV)**

Prevent Child Abuse Nevada (PCA-NV) is an initiative of the Nevada Institute for Children’s Research and Policy within the University of Nevada, Las Vegas. We are the Nevada chapter of the nationally renowned Prevent Child Abuse America network. As a 501(c)(3) non-profit organization we provide resources devoted to the prevention of child abuse and neglect throughout the state.

We believe in the prevention of child abuse through doing what we can to ensure that children live in safe, stable and nurturing environments. We believe that healthy child development is the foundation for a positive community and economic development; the building blocks of a successful society and stable national chapter.

For More Information:

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