Ten Ways to Help Prevent Child Abuse

× Be a nurturing parent.
Children need to know that they are special, loved and capable of following their dreams.

× Help a friend, neighbor or relative.
Being a parent isn’t easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.

× Help yourself.
When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don’t take it out on your kid.

× 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 or death.

× Get involved.
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

× Help to develop parenting resources at your local library.

× Promote programs in school.
Teaching children, parents and teachers prevention strategies can help to keep children safe.

× Monitor your child’s television and video viewing.
Watching violent films and TV programs can harm young children.

× Volunteer at a local child abuse prevention program.
For information about volunteer opportunities, call 1.800.CHILDREN.

× Report suspected abuse or neglect.
If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.