

## **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.*