

Together,



we have the power to prevent child abuse.

prepare • empower • protect

10 Ways to Prevent Child Abuse

- 1. BE A NURTURING PARENT** Children need to know that they are special, loved, and capable of following their dreams.
- 2. HELP A FRIEND, NEIGHBOR, OR RELATIVE** Being a parent isn't always easy. Offer a helping hand - take care of the kids so the parents can rest or spend time together.
- 3. HELP YOURSELF** When big or little problems pile up and you feel overwhelmed or out of control, take a time out. Don't take it out on your kids.
- 4. IF YOUR BABY CRIES** It can be frustrating hearing your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby - shaking can result in severe injuries or death.
- 5. GET INVOLVED** Ask your local community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- 6. HELP TO DEVELOP PARENTING RESOURCES IN YOUR COMMUNITY** See about organizing a Parent Resource Center or be sure families know about the parent helpline at 1-800-FLA-LOVE.
- 7. PROMOTE PROGRAMS IN SCHOOLS** Teaching children, parents and teachers prevention strategies can help keep children safe.
- 8. MONITOR YOUR CHILD'S TV VIEWING** Watching violent films, TV programs, and video games can harm young children.
- 9. VOLUNTEER AT A LOCAL CHILD ABUSE PREVENTION PROGRAM** For information on volunteer opportunities, call 1-800-CHILDREN.
- 10. REPORT SUSPECTED CHILD ABUSE OR NEGLECT** If you have a reason to think a child has been or may be harmed, call and make a report: 1-800-96-ABUSE.

