



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.**
Find out whether your local library has parenting resources, and if it does not, offer to help obtain some.
- **Promote programs in school.**
Teaching children, parents and teachers prevention strategies can help to keep children safe.
- **Monitor your child's television, video, and internet viewing/usage.**
Watching violent films, TV programs, and videos 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.