

Tips for Parents

PCA-NV
Volume: One

Ten Ways to Help Prevent Child Abuse

Help a friend, neighbor or relative

- Being a parent isn't easy. Offer a helping hand; take care of children so the parent(s) can rest or spend time together.

Become Involved

- Ask community leaders, clergy, library, and schools to develop services to meet the needs of healthy children and families.
- Help develop parenting resources at your local library

Promote programs in school

- Teaching children, parents and teachers prevention strategies can help 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 volunteer opportunities in the area, call (702) 895-5053

Report suspected abuse or neglect

- If you have reason to believe a child has been or may be harmed, call the local department of children and family services or police department.

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!

Relaxation Tips

The next time everyday pressures build, try any of these simple steps. You'll feel better... and so will your child.

- Take a deep breath... and another. Then remember, you are the adult.
- Close your eyes and imagine you are hearing what your child is about to hear.
- Press your lips together and count to 10... or better yet, to 20.
- Put *your child* in time-out (remember this rule: one time-out minute for each year of age.)
- Put *yourself* in time-out. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?
- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow.
- Turn on some music. Maybe even sing along.
- Pick up a pencil and write down a list of helpful words that come to your mind, save and look at it later.
- Call PCA-NV for statewide prevention information at (702) 895-5053 or contact Nevada 211 by dialing 211 or go to www.nevada211.org



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! You cannot go back to recapture time lost.
- Bring more laughter and pleasure into your family's daily life. Play often!
- Emphasize family rituals and traditions.

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.

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Helping Your Child to be Successful at School

Your school age children often spend more time with their teachers than they do with you. It is important that you, your children, and their teachers have a good working relationship. A good relationship will help your child do better in school as well as reduce stress in your life.

Here are some ideas for building a relationship of trust with your children's teachers:

- Be aware of difficulties. If you learn about a problem, investigate as soon as possible. Listen to both sides. (Many parents believe that the teacher is always right, and many parents believe that the child is always right.) Keep an open mind.
- Talk to your child about daily events at school.
- Be involved in homework. Find out if your child's teacher regularly assigns homework.
- Make sure your child has a quiet place to work. After dinner, the kitchen table can be a good place to study.
- 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:

- Sit down with your child and look over the report card.
- Praise your child. Find at least one good thing on the report card, such as attendance or no tardies.
- Be calm! Let your child tell you about his or her poor grades.
- Ask how you can help your child do better.
- Ask what your child can do to make better grades.
- Make plans with your child's teacher and your child to do better.

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 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. Help your child feel good about themselves in a healthy way.
5. Encourage your child to set and reach goals.
6. Use positive discipline and teach nonviolence. Teach that using violence to solve problems or deal with anger only makes things worse.
7. If you're worried about your child or yourself, seek help from school counselors, school support groups, private therapists or your family health-care provider.

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. If parents learn that their child is bullying others, they can do the following:
 - Stay calm. Feeling angry or ashamed is normal, but instead focus on how to help your child learn positive behavior.
 - Talk about it. Ask your child why he or she is bullying others. Talk about nonviolent ways to deal with strong feelings like anger. Most importantly, make it clear that bullying is wrong and set clear, nonviolent consequences for future bullying behavior.

Tips for Parents of Victims and Witnesses

1. Many children who are bullied keep it a secret. They may think telling will make matters worse, so know the warning signs. A victim may:
 - Seem quiet or depressed
 - Have bruises or other injuries
 - Come home with missing or damaged belongings
 - Ask for more lunch money
 - Lose interest in school or do poorly in school.
2. If parents learn that their child is being bullied, they can do the following:



- Again, stay calm. Tell the child that nobody deserves to be bullied.
 - Think of peaceful solutions together.
 - Contact their school and school district immediately to file a timely incident report.
3. Encourage your child to:
 - Stick with a group. Avoid being alone in "target areas" like locker rooms, restrooms or empty classrooms, and avoid places where the bully hangs out.
 - Don't fight back or seek revenge.

- Be assertive and confident. Use body language to show you are not afraid.
- Agree with the bully. Say, "You're right." Then walk away.
- Tell the bully to stop or walk away and get help from an adult. Report all bullying incidents.
- Teach your child not to be a bystander. When no one speaks up, the bully learns he or she can get away with it.



About 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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