## **Prevent Child Abuse America**

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# 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 you local police department.