



## 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.*