



TEN WAYS

To Help 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 easy. Offer a helping hand taking care of the children so the parent(s) can rest or spend time together.
- #3 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.
- #4 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.
- #5 Get Involved**
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- #6 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.
- #7 Promote Programs in School**
Teaching children, parents and teachers prevention strategies can help to keep children safe.
- #8 Monitor Your Child's Television, Video and Internet Viewing/Usage**
Watching violent films, TV programs and videos can harm young children.
- #9 Volunteer at the Lake County Children's Advocacy Center**
For information call the Lake County Children's Advocacy Center at (847)377-3155.
- #10 Report Suspected Abuse or Neglect**
If you have reason to believe a child has been or may be harmed call the Department of Children & Family Services 1-800-25-ABUSE.

#Sited from preventchildabuse.org



For more information, call (847)377-3155
or visit our website:
www.friendsoflccac.org

