



## TAKE THE PLEDGE!

### Ways to Prevent Child Abuse

*Help Create Awareness With The Lake County Children's Advocacy Center*

### **I promise myself....**

- ✦ To be a good role model for my child
- ✦ To give my child praise and hugs and say "I love you often"
- ✦ To set simple rules and consequences and enforce them consistently
- ✦ To discipline fairly, firmly and with love
- ✦ To count to 10 before reacting when I get angry and never use violence
- ✦ To accept children sometimes make mistakes
- ✦ To learn how children mature so my expectations of my child's behavior are realistic
- ✦ To manage stress in healthy ways and ask for help when I am feeling overwhelmed
- ✦ To listen to my child and show that I value what he/she has to say
- ✦ To remember, no one is a perfect parent or a perfect child. Keep your sense of humor when things don't go as planned

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Parent/Caregiver Signature



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

