

PARENT SUPERHERO POWERS

10 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

