



Child Abuse Prevention Month

Tips to help prevent child abuse



- Develop a support network. Help is always available, don't be afraid to ask.
- Volunteer your time in an organization that supports children. Your time matters!
- Feeling stressed or overwhelmed? Talk to a trusted friend about how you are feeling.
- Praise a parent for their child. Hearing your child has done well is one of the best things a parent can hear.
- Get crafty! Make something with your child. Don't forget, grown-ups can have fun with arts and crafts, too!
- Invest in kids. Encourage those in the community to support children and families.
- Set a family challenge, such as completing a long hike or even a "mud run" together. Celebrate when you reach your goal.
- Do something kind for a family you know: offer to babysit, do yard work, or invite them over for dinner.
- Practice active listening. By listening nonjudgmentally, we support others' personal resilience.
- Have a family game night. Even young children can play board games on adult's "team."
- Teach your child to resolve conflicts peacefully.
- Give someone a genuine compliment about their hard work or something you admire about them.
- Children are naturally full of wonder. Notice the beauty around you together. Celebrate and encourage their joy.
- Play with a child in your life. Let them lead. Play is how children discover the world.





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- Examine your behavior. Abuse isn't just physical. Actions can show how conflicts can be settled without hitting or yelling.
- Family meals are a good time to connect with your children. Focus on what they are saying, not on what they are eating.
- Building language and literacy skills early helps children succeed later on. Read to children every day.
- Be kind and understanding to a parent with a child throwing a temper tantrum. All parents have been there.
- Random acts of kindness build strong communities. Jump at opportunities to help others.
- Build wonderful memories. Take a child fishing, hiking, or to a local park. Being outside is good for everyone.
- Find an activity everyone enjoys doing as a family. It doesn't matter what the activity is as long as you're together.
- Teach children their rights. When kids know they are special and has rights, they are more likely to report an offender.
- Children need to be seen and heard. Notice the children around you. Smile kindly at them.
- Do something to care for yourself today. By caring for yourself, you improve your capacity to help others.
- Children see the world very differently than grown-ups do. Explore the world from their point of view.

