



# Child Abuse Prevention Month

## Ten Tips: How Parents Can Prevent Child Abuse

-  **Be a nurturing parent.**  
The best gift you can give your child is YOU. The love and attention you give now will stay with your child forever.
-  **Be available.**  
Develop the kind of relationship that allows your children to come to you for help and support for themselves or their friends.
-  **Get involved.**  
Get to know your child's friends and the homes where your children play. Volunteer in their classrooms or coach their teams. Encourage your community leaders, clergy, libraries and schools to develop services to meet the needs of children and families.
-  **Help yourself.**  
If the big and little problems of your everyday life pile up to the point you feel overwhelmed or out of control – take time out. Don't take it out on your child. Seek help and care for yourself so that you will be able to be more effective for your child.
-  **Monitor your child's activities.**  
Keep the computer in a family area where you can keep an eye on its use. Supervise all internet and cell phone activities closely. Be choosy about television and video viewing: watching violent films, TV programs, and video games can harm young children.
-  **Help a friend, neighbor, or relative.**  
Being a parent isn't easy. Offer a helping hand to take care of children so the parent(s) can rest or spend time together.
-  **Help to develop parenting resources.**  
Learn about prevention programs in your school and throughout your community. Teaching children, parents, and teachers prevention strategies can help keep children safe.
-  **Volunteer at a local child abuse prevention program.**  
For information about volunteer opportunities call 2-1-1 or go to HandsOn <http://www.handsonmwv.org>
-  **Be informed.**  
Talk to your child about the ways someone might try to “trick” them into going along with the “secret touching”. Remind your child that “secret touching” is never the child's fault.
-  **Report suspected abuse or neglect.**  
Trust your intuition: If you believe a child has been or may be harmed, call the Child Abuse Hotline at 503-378-6704 to share your concerns.