How Can I Prevent Child Abuse ?

As a parent, or within your own family

✱Establish a regular, everyday routine for your children. Children function better when they know what to expect.

✱Develop a support system that you can rely on for help when needed, and don't be afraid or embarrassed to ask for help. The responsibilities that go along with parenting can sometimes be overwhelming, and everyone needs help from time to time.

✱Look for ways to reduce stress in your life, and develop a list of ways to cope with stress that cannot be avoided. Soaking in a tub of warm water, listening to soothing music, or exercising, are a few things people often find helpful.

As an individual in my community

✱Help organize after school programs for your neighborhood children

✱Offer to check in on your neighbor's latch-key children

✱Introduce children to the arts, for example: libraries, museums, children's arts programs, and/or children's concerts in the area that you live in.

✱Volunteer with childcare organizations and Prevent Child Abuse.

✱Contact your local officials to advocate for policies that strengthen and support families

✱Become a foster/adoptive parent

As an organization

✱Volunteer as mentors at the YMCA, Big Brother and Big Sisters Program, or other after school programs
✱Adopt a family and purchase clothes or school supplies to assist with school preparation
✱Sponsor parenting education classes
✱Participate in community projects such as Habitat for Humanity