



## ***Together We Can Prevent Child Abuse***

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***Here are a few simple ways to help prevent child abuse and neglect:***

***Be a nurturing parent.*** Children need to know that they are special and loved. Educate yourself about a child's development process so you can have reasonable expectations about what your child can and cannot do. Spend time with your children – play, read, talk together.

***Help a friend, neighbor or relative.*** Being a parent isn't easy. Someone you know may be struggling with his or her parenting responsibilities. Offer a helping hand when they need a break. We all have opportunities to reach out to support parents in our extended family, neighborhoods, or villages and to role model good parenting.

***Help yourself.*** When the big and little problems of everyday life pile up to the point you feel overwhelmed and out of control, take time out. Don't take it out on your child. Take a deep breath, turn on some music. Know where you can turn for help when you need it. Resolve to ask for help to become the best parent you can be.

***Know what to do when your baby cries ...*** Babies cry to get our attention and communicate their needs to us. Yet there may be times when it seems all a baby does is cry. It can be very frustrating, especially when nothing you try seems to work. Learn what to do if your baby won't stop crying. Call someone to help you. And remember to never, never, never shake a baby! Shaking a baby or child can lead to severe injury or death.

***Get involved.*** Advocate for services to strengthen and support families. Ask your community leaders, elected officials, health and social service agencies, schools and churches to develop services to address the needs of children and families, including parent education and support.

***Protect children from violence:*** on TV, at play and at home. Protecting children from violence is essential to assure they will grow up to be strong, confident, secure adults. Monitor your child's television and computer use. Watching violence in films, on TV or when playing violent computer games can harm young children and teaches them aggression is a good way to handle frustration and solve problems.

***Report suspected abuse or neglect.*** Keeping children safe is the responsibility of every adult in our community. If you have reason to suspect a child has been -- or may be at risk of being -- harmed, call DFYS at 1-800-478-4444.

Adapted from Prevent Child Abuse America,  
For additional information call 1-800-CHILDREN or go to <http://www.preventchildabuse.org>



Community Resource Kit  
Alaska Children's Trust 1-800-643-KIDS  
Alaska Child Abuse Prevention Network. [akchildabuseprevention.org](http://akchildabuseprevention.org)