

# PREVENT CHILD ABUSE AND NEGLECT



## RESOURCES

### National Child Abuse Hot line

1.800.422.4453

### Online

preventchildabuse.org - childhelp.org -  
healthychildren.org - apasac.org -  
dcfs.utah.org

### Logan

capsa.org

Crisis line 435.753.2500 - Office 435.755.4493  
- thefamilyplaceutah.org

Crisis line 435.752.8880

### Brigham City

Box Elder Family Support Center - bepsc.org -  
Office: 435.723.6010

### Pocatello

Idaho Bright Tomorrows Child Advocacy  
Center - Office: 208.234.264

In an environment of abuse and neglect, children aren't able to learn, grow and develop to their full potential. Risk factors for child abuse and neglect include:

- > Lack of parenting skills
- > Unrealistic expectations for a child's capabilities
- > Lack of knowledge about normal child development
- > Unhealthy or insecure attachment
- > Parental stress
- > Poor basic health care for children
- > Lack of support networks for parents

### Prevent Child Abuse America offers these tips for stopping child abuse:

>Try to understand your children. Learn how kids behave and what they can do at different ages. Have realistic expectations and be reasonable if children fall short.

>Keep your children healthy. Denying children food, sleep, or healthcare is abuse by neglect.

>Get help with alcohol or drug problems. Keep children away from anyone who abuses those substances.

>Watch your words. Angry or punishing language can leave emotional scars for a lifetime.

>Get control of yourself before disciplining a child. Set clear rules so the child knows what to expect. Avoid physical punishment.

>Take a time-out. Stop if you begin to act out frustration or other emotions physically. Find someone to talk with or watch your kids while you take a walk. Call a child abuse prevention hotline if you are worried you may hit your child.

>Make your home a violence-free zone. Turn off violent TV shows and don't let kids stay under the same roof with an abusive adult.

>Join a support program for new parents.

>Take regular breaks from your children. This will give you a release from the stress of parenting full-time.

**Remember you can help save children's lives far into the future.**

## NATIONAL FAMILY WEEK 2019

National Family Week has been observed officially in the United States since 1987. Other countries that celebrate include Canada, United Kingdom, and Australia. The theme for this year is

**" Stronger Families. Stronger Communities."**

This theme highlights the important role that families play as the central building block of our communities and that community well-being is enhanced by family well-being.

See the back of this page for ideas on strengthening your family and community.

# BUILDING FAMILY AND COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Read to your child	<b>2</b> Plan a volunteer opportunity with your child.
<b>3</b> Compliment and encourage a child. It helps build self esteem.	<b>4</b> Listen to your child's stories and dreams. Build their imagination	<b>5</b> Learn nonviolent ways to discipline.	<b>6</b> Learn ways to control offensive materials in the home.	<b>7</b> Color a special picture with your child and hang it on the refrigerator.	<b>8</b> Talk with your child about reporting abuse to you and to authorities.	<b>9</b> Babysit for free for a parent who needs a break.
<b>10</b> Visit a nursing home with your child.	<b>11</b> Bake cookies with your child and take them to the neighbors.	<b>12</b> Take the family to a movie.	<b>13</b> Strengthen your marriage with a date night or a marriage education class.	<b>14</b> Play your child's favorite game.	<b>15</b> Set a good example and demonstrate positive relationships.	<b>16</b> Have an ice cream night.
<b>17</b> Go for a family walk or a family bike ride.	<b>18</b> Volunteer in your child's classroom.	<b>19</b> Wear blue ribbon—the symbol to prevent child abuse.	<b>20</b> Give every member of the family a hug today.	<b>21</b> Share your common experiences with other parents.	<b>22</b> Rent a family movie and share a bowl of popcorn.	<b>23</b> Clean out closets and toys and give unwanted items to a local charity.
<b>24</b> Have the entire family make Sunday dinner together.	<b>25</b> Learn how, when, and what to report about suspected abuse.	<b>26</b> Talk with your children about good touch and bad touch.	<b>27</b> Take a family library trip and let the children pick out a book.	<b>28</b> Make paper airplanes and have a paper airplane race.	<b>29</b> Have an indoor family picnic.	<b>30</b> Take a family drive and discuss stranger danger with the children.