

Parenting to Prevent Child Abuse and Neglect

WAYS TO HELP PREVENT ABUSE

- **Be a nurturing parent.** Children need to know that they are special, loved, and capable of following their dreams.
- **Help a friend, neighbor, or relative.** Being a parent isn't easy. Offer a helping hand to take care of the children, so the parents can rest or spend time together.
- **Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control, take time out. Don't take it out on your children.
- **If your baby cries...**It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby. Shaking a baby or child may result in serious injury or death.
- **Get involved.** Ask your community leaders, clergy, library, and schools to develop services to meet the needs of healthy children and families.
- **Help to develop parenting resources at your local library.**
- **Promote programs in school.** Teaching children, parents, and teachers prevention strategies can help to keep children safe.
- **Monitor your child's television, internet usage, and video viewing.** Watching violent films and TV programs can harm young children.
- **Volunteer at a local child abuse prevention program.**
- **Report suspected abuse or neglect.**

APEC IS HERE TO HELP

APEC provides free training, information, and consultation to families. Visit our training calendar for more information about learning opportunities at www.alabamaparentcenter.com or call our center.

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