

Thirty ways to prevent child abuse and neglect

In honor of Prevent Child Abuse Louisiana's 30th anniversary in 2016

1. **Make children a priority.** Make sure the children you know are safe and healthy.
2. **Be a nurturing parent.** Children need to know that they are special and loved.
3. **Help a friend, neighbor or relative.** Being a parent isn't easy and can be isolating. Offer to take care of children so parents can rest.
4. **Help yourself.** When the big and little problems of everyday life pile up, leaving you feeling overwhelmed and out of control, take a time out. Don't take it out on your child.
5. **Call KIDLINE, 1-800-244-5373, a free telephone line offering parenting information, phone counseling, referrals to community resources and help for victims of child abuse.** KIDLINE counselors are available 8 a.m. to 8 p.m. daily.
6. **Pay attention to what the children around you say and do.** Children need to know they that someone is looking out for them.
7. **Support prevention policies, legislation and education.** Teaching prevention strategies to parents, educators and the public can help keep children safe.
8. **Share our social media posts.** Help spread our prevention message on Facebook, Twitter or Instagram.
9. **Donate.** Your investment in our organization supports statewide initiatives to prevent child abuse and neglect before it begins. Call (225) 925-9520 or visit www.pcal.org to find out how you can help.
10. **Take a parenting class.** You might hear some new ideas, and your experiences might help other parents.
11. **Learn about child development.** Sometimes we expect children to do more than they are able.
12. **Report suspected abuse or neglect.** If you believe a child has been harmed, call Louisiana's reporting hotline, (855) 452-5437, or local law enforcement.
13. **Model patience and respect for others.** We all learn from each other, and children learn by watching us!
14. **Volunteer as a coach or mentor.** One caring adult can make a difference in a child's life.

15. **Sponsor child abuse prevention training at work.** With everyone on the same page, we can't lose!
16. **Learn more about child abuse and how it affects us all.** Child abuse can lead to lifelong problems, such as mental illness, drug and alcohol abuse, and other health issues.
17. **Plant a pinwheel garden during child abuse prevention month.** Pinwheels represent happy, healthy children and serve as the national symbol for child abuse prevention. Help us spread pinwheels across the state in April to raise awareness.
18. **Ask elected officials to support programs that help children and families.** After all, it's your tax dollars.
19. **Host or sponsor family events like health fairs or a block party.** Having fun together builds friendships and a sense of community. Child abuse often happens in isolation.
20. **Get schools and faith-based organizations involved in the conversation.** Kids should be safe everywhere.
21. **Be vocal.** By raising your voice, you raise awareness about prevention.
22. **Develop resources at your local library.** Create a display during Child Abuse Prevention Month in April or anytime.
23. **Share information about shaken baby syndrome (abusive head trauma) with new parents.** Crying is the most frequent reason adults give for shaking an infant. It's easy to get overwhelmed or frustrated when a baby won't stop crying. Never shake a baby. If you can't calm the baby, calm yourself.
24. **Learn the signs and symptoms of child abuse.** Pay attention to changes in a child's behavior. Not all abused children have bruises or physical signs. Do you know what to look for?
25. **Learn about ACEs and how they impact adult health and behaviors.** Adults with ACEs have higher health care costs, rates of lost work time and increased incarceration rates.
26. **Start a parent support group in your community.** We all need a safe place to talk about parenting.
27. **Take Darkness 2 Light's "Stewards of Children" sexual abuse prevention training.** Learn the signs and symptoms of child sexual abuse and how to protect the children around you.
28. **Talk about child sexual abuse.** Talk to your family and friends. One in 10 children are sexually abused before they turn 18. We need to talk about this!
29. **Hold abusers accountable.** Don't turn your head. If you see something, say something.
30. **Learn about Louisiana's Safe Haven law.** Did you know a parent can relinquish an unwanted infant up to 60 days old? Learn about the law, and help spread the word to protect infants.