

What a parent can do when pressures build up



When you feel like lashing out, stop.
Try these...

- ⦿ Stop in your tracks. Step back. Sit down.
- ⦿ Take five deep breaths. Inhale. Exhale. Slowly, slowly.
- ⦿ Count to ten. Better yet – 20. Or say the alphabet out loud.
- ⦿ Phone a friend. A relative. Even the weather. Call 1-800-CHILDREN.
- ⦿ Still mad? Punch a pillow. Or munch on an apple.
- ⦿ Thumb through a magazine, newspaper, or photo album.
- ⦿ Do some sit-ups.
- ⦿ Pick up a pencil and write down your thoughts.
- ⦿ Take a hot bath. Or a cold shower.
- ⦿ Lie down on the floor or just put your feet up.
- ⦿ Put on your favorite record.
- ⦿ Water your plants.

Need Help?

For more information on parenting, family support resources, or the location of a parent support group near you, please contact us.

Once every minute a child somewhere in America is abused. Physically. Sexually. Emotionally. But the most upsetting statistic of all is how often abuse is witnessed and ignored. Felt and then forgotten. But an abused child never forgets. And neither do we. Prevent Child Abuse Minnesota works to prevent child abuse before it occurs. We believe everyone in the community has a role to play in preventing child abuse. And, starting today, you can do something. You don't even have to be a parent, just a person. Because with a little caring, you can make a difference. You can help us help the children. Please contact us.



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Sharing Ideas. Sharing Support.



Imagine.

YOU CAN *end child abuse*, MINNESOTA.

Do all you can to protect us



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Ten ways to help prevent child abuse

1. Be a nurturing parent. Children need to know that they are special, loved, and capable of following their dreams. Learn about how children grow and mature, and have realistic expectations of what your child can and cannot do.
2. Help a friend, neighbor, or relative. Being a parent isn't easy. Someone you know may be struggling with his or her parenting. Offer a helping hand; take care of the children so they can rest.
3. 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 kid. Take a deep breath. Turn on some music. Know who to call for help and keep the numbers next to your phone.
4. If your baby cries ... It can be frustrating to hear your baby cry, especially when nothing you do seems to work. Learn what to do if your baby won't stop crying. **Never shake a baby. Shaking a baby may result in severe injury or death.**
5. Get involved. Advocate for services to help families. Help to establish parenting groups in your community. Ask your community leaders, clergy, library, and schools to develop services to meet the needs of healthy children and families.
6. Help to develop parenting resources at your local library (i.e., films, books, and information).
7. Promote programs in schools. Teaching children, parents, and teachers prevention strategies can help to keep children safe.
8. Monitor your child's television and video viewing. Watching violent films and TV programs harms young children. It scares them, and teaches children that aggression is a good way to handle frustration and solve problems.
9. Volunteer at a local child abuse program. Volunteers are important leaders in the field of child abuse prevention. Although some volunteer roles require professional training, most do not. For information about volunteer opportunities, contact us at 1-800-CHILDREN.
10. Report suspected abuse or neglect. Keeping children safe is the responsibility of every adult in the community. If you have reason to believe a child has been, or may be, harmed, call your local department of children and family services, usually listed in the telephone directory under "Welfare" or "Health and Human Services Department," or call your local police department.



How to stop child abuse in a public place



It can be very uncomfortable to watch the mistreatment of a child by an adult out of control. Fortunately, there are things you can do to help ...

- ⦿ Start a conversation with the adult to direct attention away from the child. For example:
 - “She seems to be trying your patience.”
 - “My child has gotten upset like that, too.”
 - “He has beautiful eyes.”
 - “Children can wear you out, can't they? Is there anything I can do to help?”
- ⦿ Divert the child's attention by talking to the child.
- ⦿ Look for the opportunity to praise the parent or child.
- ⦿ If the child is in danger, offer assistance. For example, if the child is left unattended in a grocery cart, stand by the child until the parent returns.
- ⦿ Avoid negative remarks or looks. These reactions are likely to increase the parent's anger and could make matters worse.