

What can you do right now? Anything you do to support kids and parents can help reduce the isolation and stress that often leads to abuse and neglect.

- 1. Be a nurturing adult.** Children need to know that they are special, loved, and capable of following their dreams.
- 2. Learn about how children grow and mature,** and have realistic expectations of what children can and cannot do.
- 3. Help a friend.** Being a parent isn't easy. Someone you know may be struggling with his or her parenting. Offer to take care of the children so the parent can take a break.
- 4. 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. Take a deep breath. Turn on some music. Know who to call for support.
- 5. Get involved.** Advocate for services to help families. Help establish parenting groups in your community.
- 6. Volunteer at a local child abuse program.** Volunteers are important leaders in the field of child abuse prevention.
- 7. Promote programs in schools.** Educating children and adults about prevention can help keep children safe.
- 8. Report suspected abuse or neglect.** If you suspect a child is being abused or neglected, make it your responsibility to report it. Reporting or admitting abuse does not destroy a family. It gets family members the help they need and helps protect children from further harm. You could be saving a life. To make a report in Pennsylvania, call ChildLine, toll-free, 24 hrs. /day at 1-800-932-0313. Call the police if a child is at immediate risk of injury.