How you can help prevent child abuse and neglect

Be a good neighbor
Being a parent isn’t easy. Offer to babysit so parent(s) can run errands, take a time-out or simply spend time together.

Take care of yourself
When big and little problems become too much, take a time out! Don’t take it out on your child.

Learn the signs of abuse and neglect.

Learn how to cope with crying.
Crying is natural for babies but it can be very frustrating when your baby won’t stop!

Find resources
Learn what services are available to support parents in your community and share the information with your neighbors and friends.

Promote respect
Treat children the way you would like to be treated. This will serve as a model to everyone who sees you.

Volunteer in your community.
Find out about opportunities to be involved with prevention programs, contact your local child advocacy center, become a guardian ad litem or use your voice to advocate for family friendly programs and services.

Mentor a new parent
Children don’t come with instruction manuals.

Report suspected abuse or neglect.

Encourage local schools or community organizations to offer parenting education.

Start a parent support group
Sometimes it helps to have someone to talk to who has been there before.

Help distribute parent education materials.

Make a donation to an organization that works to prevent abuse. Donate your time, money or other resources to social services agencies in your community that support parents.

Adopt a family.
Families need help with lots of different issues. Businesses and individuals can help get families through stressful times.