

Be A Hero

In The Eyes of a Child

April is Child Abuse Prevention Month

Everyone can play a role in preventing child abuse!

Below are some examples* of simple, every day actions that you can take to help prevent child abuse and make a positive impact in the lives of children and families.

Help a friend, neighbor, or relative.

Being a parent isn't easy. Offer a helping hand to take care of the children so the parent (s) can rest or spend time together.

Be a nurturing parent.

Children need to know that they are special, loved, and capable of following their dreams.

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 so you don't take it out on your child.

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 child may result in severe injury or death.

Get involved.

Volunteer your time to help community leaders, clergy, libraries, and schools develop services to meet the needs of healthy children and families.

Promote programs in schools.

Teaching children, parents, and teachers prevention strategies can help to keep children safe.

Monitor your child's television, video & internet viewing/usage.

Excessively watching violent films, TV programs, and videos can harm young children.

Report suspected abuse or neglect.

If you have reason to believe a child has been or may be harmed, call the Washington State Department of Children, Youth & Families or your local police department.

*Source: Prevent Child Abuse America

