

### Be a nurturing parent or caregiver

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



### Help a friend, neighbor or relative

Being a parent isn't easy. Offer a helping hand by taking care of the children, so the parent(s) can rest and take care of themselves.



### Comfort your baby

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.



### 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 child.



**THE CHILDREN'S  
ADVOCACY CENTER**  
OF NORTH & NORTHWEST COOK COUNTY

*Empowering Voices. Inspiring Hope.*

# 10 Ways to Help Prevent Child Abuse

### Get involved

Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families. Contact CAC to learn about ways to get involved in your community.



### Support positive parenting

Encourage your local library to build a collection of parenting resources in multiple languages.



### Promote programs in school

Teaching children, parents and teachers prevention strategies and recognizing warning signs can help keep children safe. CAC can conduct trainings or a seminar for PTA groups. Contact CAC for more information.



### Monitor your child's screen viewing

Watching violent films, TV programs or YouTube videos can harm young children.



### Volunteer in programs that support healthy kids and families

For information about volunteer opportunities at CAC visit our website: [cachelps.org](http://cachelps.org)



### Report suspected abuse or neglect

If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.

