

In a minute you CAN...

- ❖ Call 1-800-CHILDREN for information about child abuse and neglect prevention
- ❖ Help a stressed out family in public. If you see a child being abused in public, do what you can to help like diverting the child's attention, starting a conversation with the adult, or simply offering sympathy.
 - <http://www.pcamn.org/index.cfm?optionid=271#PreventingChildAbuseinaPublicPlace916>
- ❖ Be a Nurturing Parent: Children need to know that they are special, loved and capable of following their dreams.
 - http://www.preventchildabuse.org/learn_more/parents/ten_ways_to_prevent.pdf
- ❖ Sign up for the Prevent Child Abuse Minnesota E-newsletter and stay informed about Child Abuse and Neglect opportunities throughout Minnesota.
 - <http://www.pcamn.org/index.cfm?optionid=276>
- ❖ Monitor your child's television and video viewing. Watching violent films and TV programs can harm young children.
 - http://www.preventchildabuse.org/learn_more/parents/ten_ways_to_prevent.pdf
- ❖ Ask businesses and medical supply companies to provide merchandise or donate a percentage of sales to child abuse prevention efforts, or ask pediatricians or childcare professionals to set up brochure displays around their offices to raise awareness.
 - <http://www.pcaiowa.org/documents/CAP05/public%20awareness%20tools.doc>
- ❖ Answer a few questions about your conduct and find better ways to handle certain situations at home or in public.
 - <http://www.pcaiowa.org/documents/media/ParentsAskForHelp.doc>
- ❖ Help a child in danger and offer assistance. For example, if the child is left unattended in a grocery cart, stand by the child until the parent returns.
 - <http://www.pcaiowa.org/documents/media/StopPublicAbuse.doc>
- ❖ Help a neighbor, friend, or relative. Someone you know may be struggling with his or her parenting responsibilities. Offer a sympathetic ear or a helping hand. Offering to baby-sit once in a while or helping locate community resources can be a tremendous boost to someone under stress.
 - <http://www.co.dekalb.ga.us/dfcs/prevention.htm>

- ❖ 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.
 - <http://www.gsmc.org/WaystoPreventChildAbuse.html>
- ❖ 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.
 - <http://www.letswrap.com/LetsWRAP/Spring01/page5.htm>
- ❖ Encourage everyone to educate themselves about the warning signs for sexually abusing behaviors and signs in children who may be abused.
 - <http://www.stopitnow.com/ga/>
- ❖ Support activities that raise public awareness during April, National Child Abuse Prevention Month. Contact a local agency for information on becoming involved.
 - <http://www.dove-wa.org/safe.htm>
- ❖ Make a contribution to a child abuse prevention organization. Your donations are put to good use in much-needed community programs. Prevention services are critical to preventing child abuse and to strengthening families.
 - <http://www.dove-wa.org/safe.htm>

With more time you CAN...

- Organize and facilitate a Circle of Parents support group in your area. Parent and children's support groups, known as Circle of Parents Chapters, meet weekly across the state. All groups operate in a shared leadership model with parent participants providing non-judgmental support for parents and organized programming for children.
 - <http://www.pcamn.org/index.cfm?optionid=492#AboutCircleofParents927>
- Research current laws and upcoming bills, then write a letter to your congressperson asking them to support forces to stop child abuse and neglect.
 - <http://judiciary.house.gov/>
 - <http://www.congress.org/congressorg/home/>
- Volunteer with Child Abuse and Neglect Prevention efforts in your local community. For information on Child Abuse Prevention efforts in your county, check out the Minnesota Child Abuse Prevention Resource map.
 - <http://www.pcamn.org/map.cfm>
 - Help us keep the county resource map up-to-date! If you notice something on the link above that is missing or needs correction, send an e-mail to pcamn@pcamn.org.
- Work with your area child care centers or local elementary schools to present programs about child abuse
 - <http://www.acainfo.ahsc.arizona.edu/work/work.htm>
- Join or start a Child Abuse Prevention Council in your county to help coordinate local prevention efforts
 - <http://shared.mcpi.com/clients/23/uploadedimages/CI23ID1166DOC1.pdf>
- Organize a baby-sitting co-op for parents in your neighborhood to take turn watching children for an afternoon and giving each other some time off.
 - http://www.wkkf.org/Pubs/GreaterBC/Babysitting_coop_00254_02987.pdf
- Help develop parenting resources at your local library. Start by gathering articles online or ordering books, and work with librarians to designate a special section for parenting resources and exchange of ideas.
 - http://www.naturalchild.com/alice_miller/
 - <http://www.naturalchild.com>
- Organize a community-wide event such as a blue ribbon campaign, a family fun night, or a candlelight vigil in remembrance of those who have experienced abuse. For lots of great ideas check out the Child Abuse Prevention Resource packet on our website
 - <http://shared.mcpi.com/clients/23/uploadedimages/CI23ID1810DOC1.pdf>
- Write an article for your local newspaper on some aspect of child abuse and neglect. A sample article can be found in the Child Abuse Prevention booklet.
 - <http://shared.mcpi.com/clients/23/uploadedimages/CI23ID892DOC1.pdf>
- If you are concerned that someone you know might be sexually abusing children, set aside some time to talk to them about your concerns.
 - <http://www.stopitnow.com/mn/pdf/LetsTalk.pdf>

- Work with your local church or house of worship to increase awareness and encourage others to get involved in prevention
 - <http://www.pcamn.org/index.cfm?optionid=274#WorshippingWithChildren1694>
 - <http://www.pcamn.org/index.cfm?optionid=274#WelcomingPlaces1693>
- Keep your children safe by frequently talking with them about who is spending time with them, what they do and say, games they play, who else is there, etc.
 - <http://www.jwf.org/ResourceListing.asp?id=%19%25B%25S%24%5D%2F%28%05%13j-%0D%01>
 - <http://family.samhsa.gov/teach/summer.aspx>
- Offer to watch the children of parents experiencing stress or isolation, or offer to cook a meal for the parent and child on a regular basis.
- If you are a parent, attend a parenting support or parenting education class.
 - <http://ecfe.mpls.k12.mn.us/>
- Attend a Wakanheza training, which teaches people how to reach out in stressful situations and to be supportive and lend a hand without telling people how to parent.
 - <http://children.state.mn.us/mde/static/007263.pdf>
- Become a member of the PCAMN Speaker's Bureau, which was created in 2004 to provide a forum for dialogue, outreach, and education on the prevention of child abuse and neglect. The Bureau provides speakers for private, public, and non-profit organizations.
 - <http://www.pcamn.org/index.cfm?optionid=274#SpeakersBureauBrochure823>
- Invite a speaker from the PCAMN Speaker's Bureau to speak for a group with which you are connected.
 - <http://shared.mcpi.com/clients/23/uploadedimages/CI23ID823DOC1.pdf>
- Educate yourself on how children grow and mature and change, so that you are better prepared for challenges that might come along the way.
 - <http://www.kidshealth.org/parent/>
 - <http://www.shouldertoshoulderminnesota.org>
- Schedule time into every week where you can take care of yourself. Take time out to relax and calm yourself, to prevent taking your frustrations out on your child
 - <http://www.childdevelopmentinfo.com/parenting/stress.shtml>
- Watch television with your child. Help them avoid the violent or scary programs, as those will only teach them that aggression is a good way to handle their frustrations.
 - http://kidshealth.org/parent/positive/family/tv_affects_child.html
- Learn the risk factors for family violence and the impact violence has on children. Be a special friend to a child you suspect lives in a home that struggles with violence.
 - <http://www.ivff.org/ivff/preventchildabuse.htm>
- Report suspected child 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. For more information on what happens when you report, check out the CAP booklet on our website.
 - <http://shared.mcpi.com/clients/23/uploadedimages/CI23ID892DOC1.pdf>