

Child Abuse: You can do something about it!

The smallest of gestures from a concerned person can make an enormous difference.

You can play a vital role in protecting children, preventing abuse, and helping create stronger families and communities with a few simple actions. Here are **10 Simple Suggestions** from the American Humane Society.

1. Reach Out...get to know your neighbors and the children in your neighborhood.
2. Learn how to recognize the warning signs of potential child abuse and develop ways to respond.
3. Commit a random act of kindness for a family under stress.
4. Mentor a parent or child...help them develop life skills
5. When leaving your own child in the care of another person, make sure it is someone you trust completely to keep your child safe.
6. Catch a parent and/or child doing something positive and reinforce it!
7. Be helpful vs. judgmental. Your openness may be the key to a trusted connection for a parent or a child.
8. Offer to help, sometimes people are afraid to ask for what they need.
9. If you know a child has been abused...contact your local department of social services and make a report.
10. Make a donation to an organization that works to prevent child abuse.

For more information on preventing child abuse and neglect, contact the Amador County Child Abuse Prevention Council at: 223-5921, or email us at info@amadorcapc.org.