



April is Child Abuse Prevention Month

Some of the things that you can do in your family and community:

- Learn more about the risk factors attributed to child abuse and neglect incidents.
- Keep a watchful eye on children.
- Tell parents about available parenting and family resources located on and off military installations.
- Offer to assist parents during unplanned and stressful events.
- Make **“How are you?”** phone calls to family, friends and neighbors who have young children.
- Really listen to a child and understand that children need undivided attention when they talk. Be patient and remember that they move at a different pace in their little worlds.
- Make special time for a child that you care about.
- Run an errand, bake cookies or prepare a meal for a new mother in your neighborhood.
- Smile and acknowledge that **“it’s tough work”** when you see a parent coping with a stressful situation in public.
- Remind the caregivers that you know what a great job they’re doing.
- Listen to parents when they tell you about their challenges.
- Report suspicion of child abuse or neglect to the local authorities or social services agency.

Resources

Fleet and Family Support Center Counselors
Victim Advocates
New Parent Support Program Home Visitors
www.ffsp.navy.mil

Military Healthcare Providers

Base Chaplains

Base Security

Military Chain of Command

Military OneSource
1-800-342-9647
www.militaryonesource.com

Childhelp National Child Abuse Hotline
1-800-4-A-CHILD
1-800-422-4453

U.S. Health and Human Services
Administration for Children and Families
www.childwelfare.gov

To learn more about ways to keep your child supervised, safe and sound, contact your local New Parent Support Home Visitation Program or visit www.militaryinstallations.dod.mil.



Children Thrive When
**Supervised,
Safe and
Sound.**

**CHILD
ABUSE
PREVENTION**

www.ffsp.navy.mil

Fleet & Family Support Program • New Parent Support Program



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According to the Center for Disease Control (CDC), each year about 9 million children are treated in emergency rooms for various types of injuries and 9,000 of them will die from their injuries. Research has proven that parents and child caregivers can prevent many childhood injuries if the supervised, safe and sound guidelines outlined in this brochure are adopted into their daily parenting practices.

Supervised

The responsible parent(s) or caretaker should engage in active supervision practices. Below are a few effective strategies.

- Children should have access to a responsible adult at all times.
- Ensure that the person supervising your child is responsible, mature and age appropriate.
- Always supervise your child when they are eating, sleeping and playing.
- Set up the environment so that it is safe, reducing the risk of injury.
- A child should be monitored at regular intervals.
- Parents and caretakers should avoid carrying out tasks that will distract them.
- Avoid any position that will place your back to the child.
- Arrange furniture and household items so you can always see your child.
- Notice typical as well as unusual noises or silence that may signal distress.
- Participate in activities with your child by talking and/or singing to them while they are performing an activity.
- Be prepared to quickly redirect your child if they do something that is unsafe.



Safe

Safe Home

Children who are exposed to domestic violence in their homes are at greater risk for injuries, emotional trauma and death.

If there is a gun in the house, a child's curiosity can lead to severe injury or death. Handguns are especially dangerous. If you choose to keep a gun in your home, ensure that it's unloaded and in a locked place, with ammunition locked up separately.

Be aware of a child's home environment and make sure they are not exposed to household hazards such as cleaning supplies, paints and insecticides, and ensure that sharp objects are safely stored away. In addition:

- Make sure the home is free of any objects that could cause a child to trip or fall.
- Check to ensure that all windows and doors are locked, and that smoke and carbon monoxide detectors are properly functioning.
- Keep electric cords to lamps and appliances out of reach, and tie hanging cords on draperies or blinds up high and out of reach.
- Store suffocation hazards - such as plastic bags and bread sacks - out of reach of children.
- Make sure that all doors to rooms and closets can be unlocked from both sides.



Safe Sleep

Laying a sleeping baby on their back is the best way to prevent suffocation or sudden infant death syndrome (SIDS).

Always lay your baby down to sleep on a firm mattress or surface in a crib or bassinet. All your baby's crib needs is the fitted sheet. Don't put blankets, quilts, pillows, sheepskin, stuffed toys, or crib bumpers in your baby's crib.

Vehicular Safety

Always put an infant or toddler in a rear-facing child safety seat in the back of your car. A baby riding in the front seat can be fatally injured by a passenger-side air bag. Your baby should remain rear-facing until they are 2 years old or until they reach the highest weight or height limit allowed by the manufacturer of the child safety seat.

School-age children should use a booster seat until the lap belt can be worn low and flat on the hips, and the shoulder belt can be worn across the shoulder, rather than the face or neck.

Sound

Parenting is a rewarding life experience that comes with many stressful and unexpected life challenges. Research has shown that there are six principles that when put into practice will strengthen both the family and parent and child relationships. These principles are referred to as protective factors.

Parental Resiliency – This occurs when parents develop specific coping skills that could help them manage their stress and make wise choices during challenging times.

Social Connections – Parents need people in their lives who care about their well-being. Supportive family, friends and neighbors are critical in preventing families from feeling disconnected and alone.

Concrete Support in Times of Need – There are times in every parent's life when they need help. Parents should be aware of emergency and basic needs resources available in their community.

Knowledge of Parenting and Child Development

– Parents and child caregivers who understand child development know what to expect from their child as they grow. Being familiar with early child developmental stages could also help parents identify signals that their child is experiencing an unanticipated developmental delay.

Social and Emotional Development – Children who are taught how to identify their emotions and the emotions of others tend to have healthy relationships with their parents, family and friends.



Parent and Child Attachment

– When children develop trust that their parents will provide what they need to thrive, they feel safe and secure. However, the trust should be developed very early in life through nurturing, and close and consistent parent and child interactions. Children who have

a healthy parent and child attachment grow up with self-confidence, good communication skills, a better ability to regulate their emotions, and academic success.