

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Get involved! Giving 30 minutes of your time to mentor a child might change that child's life.	2 Make a meal for a family in need.	3 Respect children. Treat them the same way you want to be treated.	4 Stay alert. Learn the signs of abuse.	5 Volunteer at a local child abuse prevention program! For a list of programs in your area contact @OhioCTF.	6 Teach children their rights. Children need to know that they are special, loved, & capable of following their dreams.	7 Educate yourself & others about child abuse & how it can be prevented.
8 Offer support to a new mother & tell her she's doing a great job.	9 Start a neighborhood carpool to support families with busy lives.	10 Speak kind words in public when a family appears to be struggling. Negative facial expressions, body language, & words matter & may escalate the situation.	11 Be present. Continue to be present in the lives of your family, friends, & community members so they know they can count on you for support.	12 Make your home a violence-free zone. Turn off violent TV shows & don't let kids stay under the same roof with an abusive adult.	13 Offer kind & encouraging words to parents with young children.	14 Talk to parents, exchange coping mechanisms, & allow them to vent. Sometimes 1 conversation is enough to help someone.
15 Provide thoughtful & encouraging words to a child. A child should always know their worth.	16 Involve a parent who seems isolated or stressed in a conversation or make plans with them.	17 Form a parent group in your #community - maybe a book club or cooking group to help provide support for parents who may need it.	18 Work with local #community leaders to promote afterschool programs & extracurricular activities.	19 Be considerate. You never know what struggles a person has. With a little support, you may brighten their day as well as others.	20 Help yourself. When the big & little problems pile up, take a time out. Don't take it out on your child.	21 Promote programs in school. Teaching #children, parents & teachers prevention strategies can help keep children safe.
22 Be a nurturing parent. #Children need to know that they are special, loved & capable of following their dreams.	23 Be a role model for other parents. Model appropriate behavior to have positive interactions with your child to help others learn best parenting practices.	24 Praise your child, especially if he is not in a cooperative phase. Try to catch him being good. Kids repeat behaviors that get attention.	25 Remove smart phones & devices to allow for at least 30 minutes of uninterrupted play time with your child.	26 Arrange play dates with a neighbor's child or school friend to provide some respite time for a parent in need.	27 Send a note. By providing a kind & thoughtful message to a family in need, you are building social connections to help support that family.	28 Provide a list of resources. Suggest a parenting support group or helpful phone numbers & contacts so families know who to reach out to.

29 Become a foster parent or find ways to support foster parents in your community.	30 Ask & offer. No matter what you do, ask what parents might need & continue to keep offering help. If they turn you down one time, they might accept your help the next time.
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**Also consider the following additional family activities:**

- **#FamilyActivity tonight** - game night! Play a #boardgame & take a #FamilyPhoto.
- It's a beautiful day to take the kids for a #walkatthepark & post a #FamilyPhoto.





# Ohio Children's Trust Fund

*Ohio's Prevent Child Abuse America Chapter*

## 10 Ways to Help Prevent Child Abuse and Neglect

- **Be a nurturing parent.**

*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 to take care of the children so the parent(s) can rest or spend time together.*

- **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 kid.*

- **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. To find more resources and tips to soothe your crying baby, visit*

*<https://www.odh.ohio.gov/~media/ODH/ASSETS/Files/cfhs/shaken%20baby%20syndrome/teachingtool.ashx>*

- **Get Involved.**

*Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.*

- **Help to develop parenting resources at your local library.**

*Find out whether your local library has parenting resources, and if it does not, offer to help obtain some.*

- **Promote programs in school.**

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

- **Monitor your child's television, video, and internet viewing/usage.**

*Watching violent films, TV programs, and videos can harm young children.*

- **Volunteer at a local child abuse prevention program.**

*For information about volunteer opportunities throughout Ohio, email [OCTF@OCTF.ohio.gov](mailto:OCTF@OCTF.ohio.gov)*

- **Report suspected abuse or neglect.**

*If you have a reason to believe a child has been or may be harmed, call your local public children services agency or your local police department. You can find a full listing here: <http://www.pcsao.org/membership/agency-directory>*