

Kids are Kids

KNOWLEDGE AND SUPPORT ARE THE FOUNDATION OF
Preventing Child Abuse

WHAT to look for and HOW to help

KIDS ARE *Not Little Adults*

CRYING IS NORMAL

If you feel frustrated with your child, it's okay to leave the baby in a crib or safe place while you take some deep breaths and calm down.



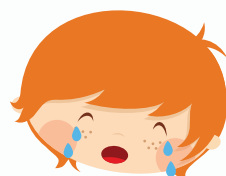
THE "TERRIBLE TWOS" WILL PASS

Toddlers want to be independent and will tell you "No!" Use a calm tone and time outs to settle both you and your child.



POTTY TRAINING TAKES PATIENCE

Be patient and understanding with your child. Physical punishment and shaming are not effective ways to help your child learn to potty train. Instead, praise your child when she or he is successful. On average, potty training is an 18-month process.



HITTING AND YELLING DON'T WORK

Scolding, if used frequently, can reinforce negative behavior and cause attention-seeking. Also, physical discipline, although it may seem like an immediate solution, has not shown to be effective in the long run.

BE AWARE OF

The Warning Signs

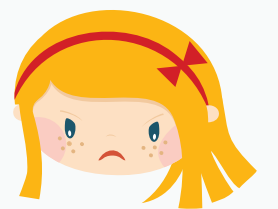
PHYSICAL ABUSE

Look for **any bruising on a baby** who is not yet pulling up and taking steps; **bruising to the ears, neck, torso, buttocks, or genitals** of any child under four years; **unexplained injuries** on children of any age.



SEXUAL ABUSE

Look for an **increase in nightmares** and/or other **sleeping difficulties**, **withdrawn behavior**, **angry outbursts**, **anxiety**, and **not wanting to be alone with a particular individual(s)**.



FEAR OF TELLING

Children are afraid to tell about their abuse because they **feel ashamed**, **don't want the abuser to hurt them**, **don't want to cause stress** for their caregivers, or **don't want their abuser to go to jail**.



Talk to Your Kids

Make sure your child knows **the difference between "okay" and "not okay" touches**.

Teach children that once they can bathe and use the restroom on their own **they should not accept such help from adults and older children**.

Educate children about **the difference between good secrets and bad secrets**. A surprise party is a good secret because it isn't kept for long. A secret that they are told to keep forever is not okay.

Talk to Your Community

Talk to other adults about abuse to help build awareness and influence others' choices about child safety.

Check that children's programs **require criminal background checks, personal interviews, and professional recommendations** for all adults who work with children.

Meet and greet your neighbors and maintain relationships with family and friends. Strong, safe communities are important support systems for our families and children.

Offer to Help

Volunteer and take part in community activities that serve children.

If you have experience caring for children, **offer to watch the children of your friends, family, and neighbors** when they need a break or seem frustrated.

Reduce or prevent isolated, one-on-one situations between children and adults or older youth to help reduce the risk of sexual abuse.

Ask for Help

If you are pregnant or have a new baby, join the HANDS program. A trusted professional will come to your home to help. Learn more at kyhands.com.

Connect with other caregivers through parent or kinship support groups. Visit faceitabuse.org/facts/resources/ to find organizations who host groups and can connect you with trained volunteers for information, support, and referrals.

Keep **phone numbers of trusted friends, neighbors, and family members** handy for when you feel overwhelmed. If you plan to drink or use other substances, **be sure another adult is caring for your child**.

If you see something, say something.

REPORT ANY SUSPECTED CHILD ABUSE OR NEGLECT
BY CALLING **1-877-KYSAFE1** OR VISIT **REPORTITKY.ORG**

*Source: Kentucky Cabinet for Health and Family Services, Department for Community Based Services.

Notes: Data on physical abuse, sexual abuse and neglect reflect calendar year 2013, while the fatality/near fatality data reflect state fiscal year 2013. Data are subject to change as cases are closed.



 **face it**
www.faceitabuse.org

 @faceitabuse  facebook.com/faceitabuse