

5 Actions You Can Take to Prevent Child Abuse



Educate yourself and others about child abuse and how to prevent it

Child abuse doesn't happen in a vacuum. It often occurs when parents face stressful conditions like poverty or mental health and substance use issues. Abuse and neglect are often part of intergenerational cycles, but when parents have access to knowledge and tools, they can disrupt those cycles. Learn more by:

- Listening to the Remembering Resilience podcast: <https://rememberingresilience.home.blog/>
- Watching this Ted Talk on childhood trauma from Nadine Burke Harris: <https://tinyurl.com/5d8k5jes>

Address factors that contribute to child abuse, like homelessness and hunger

When parents face the stress of making ends meet every day, they are more at risk of abusing or neglecting their children. You can help prevent child abuse and neglect by supporting:

- A local Crisis Nursery or food shelf: Google "crisis nursery" or "food shelf" near me
- An organization working to address homelessness. Find volunteer opportunities at www.handsontwincities.org or www.volunteermatch.org, or donate to these causes at www.GiveMN.org.

Support a parent or child in your life

Parenting is hard, especially in a pandemic. With less time to rest and recharge, parents are at greater risk of abusing and neglecting their children. You can help give a parent a break: read a story (over Zoom) to a child, drop off a home-cooked meal, or simply send an encouraging text. Or take it further by supporting a parent or child through a mentorship program. Find a mentoring opportunity at www.mentormn.org.

Be an advocate for children and families

Public policies and systems play a large role in child abuse prevention. Become an advocate by writing a letter to a local newspaper or by connecting with policy makers to make a difference for families in your community. Learn more at <https://preventchildabuse.org/resources/?topic=advocacy>.

Connect with FamilyWise

The FamilyWise continuum of care reaches parents wherever they are on their parenting journey, helping them break cycles of abuse and create healthy futures for their families. To get involved as a volunteer or supporter, visit www.familywiseservices.org.

www.familywiseservices.org/child_abuse_prevention_month

