April is National Child Abuse Prevention Month

Ten Ways to Help Prevent Child Abuse

1. **Be a nurturing parent.**
Children need to know that they are special, loved and capable of following their dreams.
2. **Help a friend, neighbor or relative.**
Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.
3. **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.
4. **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.
5. **Get involved.**
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. **Help to develop parenting resources at your local library.**
7. **Promote programs in school.**
Teaching children, parents and teachers prevention strategies can help to keep children safe.
8. **Monitor your child's television, video viewing and computer use.**
Watching violent films and TV programs can harm young children. Social networking on the internet provides a host of potentially hazardous contacts. Visit www.NetSmartz.org for safety tips for teen social networking.
9. **Volunteer at a local child abuse prevention program.**
For information about volunteer opportunities, call 1.800.CHILDREN.
10. **Report suspected abuse or neglect.**
If you have reason to believe a child has been or may be harmed, call
Texas Family and Protective Services 1-800-252-5400 or www.txabusehotline.org
Concerns about the conduct of any Church Personnel can be reported to the Promoter of Justice for the Diocese of Tyler, Rev. Gavin Vaverek, JCL,
903.266. 2159 or promoter@dioceseoftyler.org

Information provided by www.preventchildabuse.org and www.dioceseoftyler.org

The Church encourages prayer for all victims of abuse, particularly through intercession of St. Maria Goretti the patroness of abused children. (also Maria Goretti Network www.mgoretti.org)

National Blue Sunday is April 25, 2010

Visit www.bluesunday.org for details

Together, we can…
Support children, Strengthen communities
Prevent child abuse!