



What is Child Abuse?

DEFINING CHILD ABUSE AND NEGLECT

Child abuse is any mistreatment of a child that results in harm or injury and that has no "reasonable" explanation.

Child abuse is generally divided into several categories including physical, sexual, emotional, and neglect.

PHYSICAL ABUSE INCLUDES:

- Physical beatings
- Slapping
- Hitting
- Burns
- Strangulation
- Human bites

EMOTIONAL ABUSE

A pattern of behavior that attacks children's emotional development, their spirit and self-concept and makes them feel unloved, unlovable and worthless.

- Constant criticizing, belittling, insulting rejecting, withholding love, support or guidance
- Emotional abuse is thought to be the most common form of abuse, as it usually accompanies other forms of abuse and has the longest lasting effects.

25 ways to be a L VING PARENT

Everyday, you show your children in dozens of ways how you feel about them.

Here are some new suggestions – from serious to silly – to show your kids how much you love them

<p>Help your child with their schoolwork.</p>	<p>Giggle together – share silly knock-knock jokes.</p>	<p>Bury a family time capsule and dig it up five years later.</p>	<p>Have a backward dinner – serve dessert first!</p>	<p>Look through your family photo albums together.</p>
<p>Ask your child to draw a portrait of your family and then frame it.</p>	<p>Schedule regular Family Meetings where everyone gets to share their opinion.</p>	<p>Start a once a season parent/child date night complete with dinner and a movie.</p>	<p>Give your child the gift of culture – take them to a museum, symphony, or play.</p>	<p>Start a collection together anything from coins to seashells will work.</p>
<p>Take family walks after dinner.</p>	<p>Sit down at the table together to eat meals.</p>	<p>Give your child choices about what to wear, eat, do, etc.</p>	<p>Set realistic rules and expectations and make sure your child understands them.</p>	<p>Be a good role model.</p>
<p>Find time each day to talk one-on-one with your child.</p>	<p>Praise and encourage your child daily.</p>	<p>Give your children age-appropriate responsibilities.</p>	<p>Put a funny note in their lunch box.</p>	<p>Stick to your rules and be fair.</p>
<p>Be patient!</p>	<p>Let them know when you catch them being good.</p>	<p>Tell them how thankful you are they are your children.</p>	<p>Trust your child and let them know you respect them.</p>	<p>Hug your child every day.</p>



Family Support Services
OF NORTH FLORIDA INC.

WORDS YOUR CHILD NEEDS TO HEAR

I am so lucky to have you

I Love You

You are a great helper

I'm Sorry

You are very special to me

Let's talk about it

Please

Thank you

You are a great kid

I am so proud of you



Positive Communication for Parents

Be Polite

We learn about manners in kindergarten. Saying please softens our request and when following with a specific request for action, it can really get kids moving. Adding a "thank you" in closing with your request lets your child know you expect them to complete the job.

Communicate What You Expect

Communicate to the child about the behavior you expect to see. Use simple words and phrases to help your child understand your expectations. Make sure your expectations are realistic for the age of your children. Also, let your child know what behavior they can expect from you.

The Power of Praise

When our children argue, we often step in to criticize or mediate yet when they are sharing and taking turns, we do not say anything. We often miss good opportunities to reinforce their good behavior with positive words. By "catching them being good", we can encourage them to repeat the behavior we desire. Do not reserve praise for something that has been accomplished. Especially with preschoolers, the fun is in the doing rather than completing
example: building with blocks rather than completing a structure. Encourage the child's work and effort, whatever the result.

Be Interested and Attentive

Forget about the telephone and other distractions. Maintain eye contact to show the child that you are really concentrating on him. Encourage your child to talk by asking, "Tell me about your day at school." Children are more likely to share their ideas and feelings when others think them important.

Hear Children Out

Avoid cutting children off before they have finished speaking. It may be difficult to listen respectfully and not correct them, but respect your children's rights to have and express opinions. Be patient when younger children are speaking. Sometimes it takes them longer to find the right words to express their feelings.

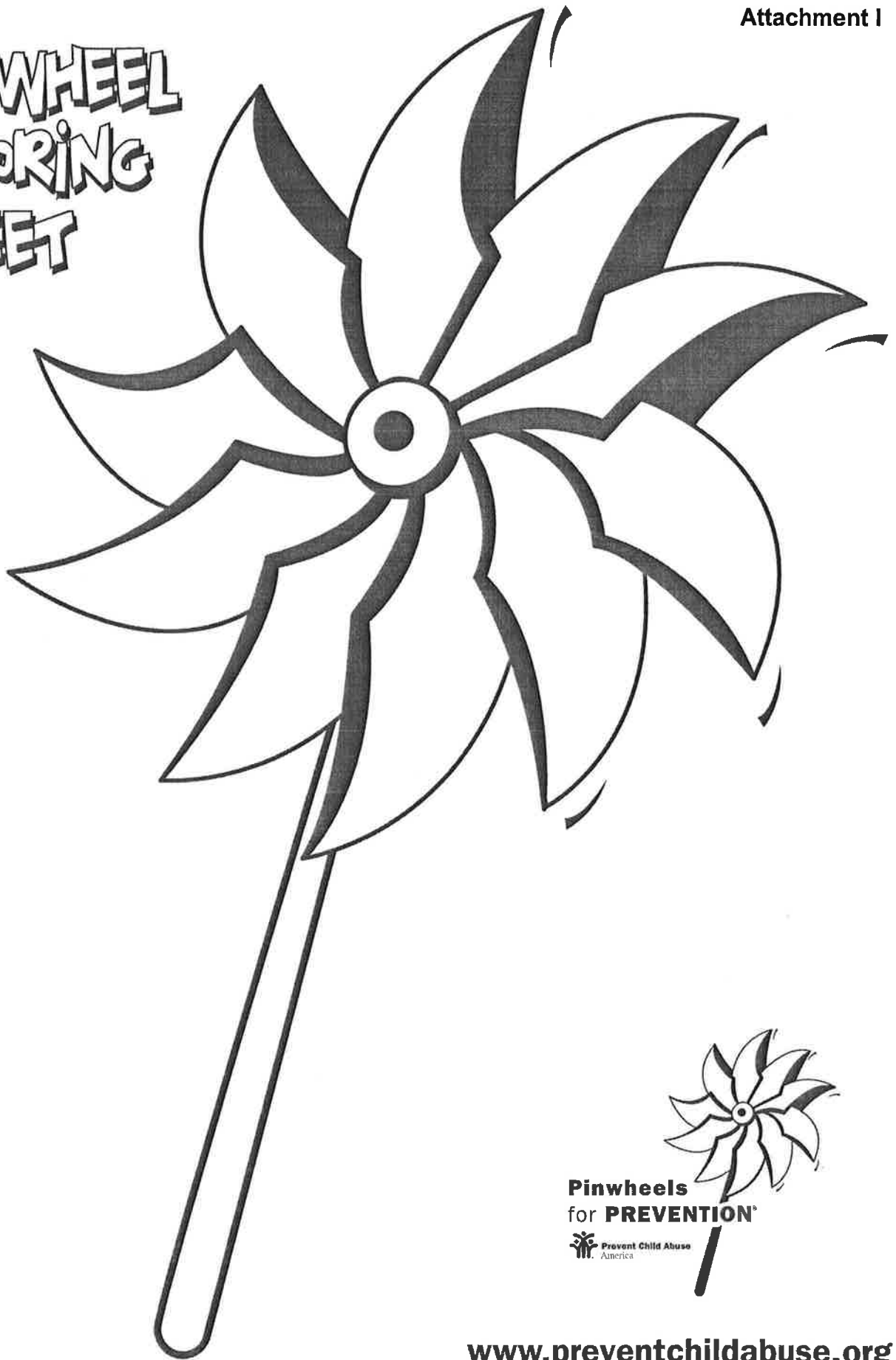
Listen to Nonverbal Messages

Children may communicate nonverbally by the tone of their voice, their facial expressions, their energy level, their posture, or changes in their behavior patterns. When a child seems obviously upset, try to find a quiet time or place to encourage the child to tell you what is bothering him.

Pick Your Battles

Parenting is a 24-hour a day job. Before you open your mouth, take a minute and decide if this issue is worth a battle.

**PINWHEEL
COLORING
SHEET**

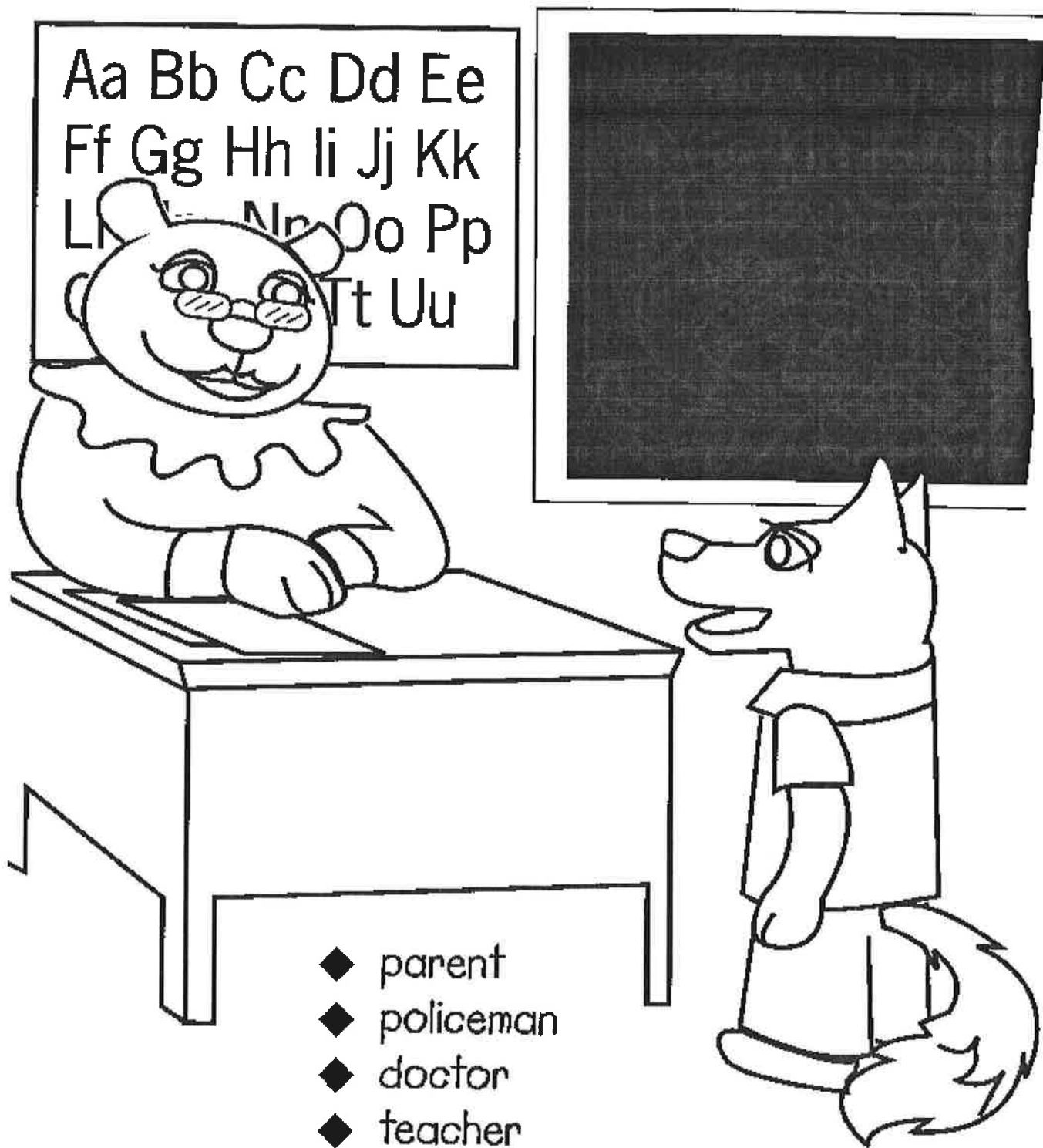


**Pinwheels
for PREVENTION®**



Know who to call for help!

Remember child abuse is not your fault



Child Abuse Hotline 1-800-252-5400

If you think you are being abused, talk to an adult you trust. You could talk to

- ◆ parent or relative
- ◆ friend's parent
- ◆ teacher
- ◆ spiritual leader

