

# HOW YOU CAN PREVENT CHILD ABUSE!

## The 6 Protective Factors

The Center for the Study of Social Policy spent 2 years investigating protective factors and how to keep kids safe. They reviewed research in the field of child abuse and neglect, prevention, and family resiliency. They also interviewed hundreds of experts, practitioners and parents. Below are the 6 Protective Factors and how you can help build healthy children and strong families. For more information visit <http://friendsnrc.org>.

### Parental Resilience

- *Help parents and caregivers see their strengths and find solutions to their problems by building on those strengths.*
- *Focus on flexibility and help parents learn how to bounce back from difficult situations.*

### Social Connections

- *Give families a safe place to gather and make friends.*
- *Host or sponsor child and family events, such as health fairs, reading nights, and block parties. Encourage your place of worship, school, daycare and work to do the same.*

### Knowledge of Parenting & Child Development

- *Share information with parents and all caregivers on child development and appropriate discipline.*
- *Start a lending library of books and toys that will help parents understand ages and stages their child is going through.*

### Concrete supports in times of need

- *Link families to needed community services in a positive and respectful manner.*
- *Offering support to a parent who is under stress though babysitting, making a meal, or maybe just listening.*

### Social and Emotional Competence of Children

- *Teach children to recognize and express their feelings.*
- *Help children learn how to share, cooperate and take turns.*

### Parent-Child Relationship

- *Provide opportunities for parents and children to spend fun time together.*
- *Support home visiting programs in your area such as Healthy Families, Early Head Start, and Parents as Teachers which provide families with early bonding experiences.*



Prevent Child Abuse Illinois has developed several tools to help parents and caregivers cope with the everyday challenges and joys of raising strong, healthy children. These resources and many others can be found on our website [www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)

There are many great websites for parents. Below are just a few suggestions.

[www.babycenter.com](http://www.babycenter.com) [www.zerotothree.org](http://www.zerotothree.org) [www.tnpc.com](http://www.tnpc.com) [www.parents.com](http://www.parents.com) [www.aap.org](http://www.aap.org)

### **IF YOU THINK A CHILD IS BEING ABUSED, REPORT IT**

In Illinois, call 1-800-25ABUSE (1-800-252-2873)



**Prevent Child Abuse  
Illinois™**

**[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)**