



## THE POWER TO CREATE A BETTER FUTURE

### *Take steps to ensure a healthy environment for children.*

*Whether you are a parent, caregiver, or other adult, there are simple steps you can take to protect children from abuse and provide nurturing relationships.*

#### ***Offer your child love and attention***

Nurture them, listen, and be involved in their life to develop trust and good communication.

#### ***Encourage your child to tell you if there's a problem***

A supportive family environment and social network can foster their self-esteem and sense of self-worth.

#### ***Don't respond in anger***

If you feel overwhelmed, take a few deep breaths before responding to your child.

#### ***Know what resources are available to you***

Talk with your doctor or therapist about ways you can learn to cope with stress and better interact with your child.



### ***Know who is watching your child.***

*Supervision is a critical part of keeping children safe, so you should always know who your child is with and where they are.*

- Don't leave a young child home alone.
- In public, keep a close eye on your child.
- Get to know the adults who spend time with your child.
- Encourage children to stay away from strangers and to not isolate themselves in public.
- Check references for babysitters and other caregivers.
- Don't allow substitutes for your usual child care provider if you don't know the substitute.





## ***Empower your child to stay safe.***

*There is no foolproof way to protect children from situations that are unsafe or uncomfortable. As they grow older and more independent, it is important to teach children skills that will help them protect themselves.*

- Make sure your child knows who to contact if they need help.
- Encourage your child to leave a threatening or frightening situation immediately.
- Teach your child to tell a trusted adult if a situation does not feel right.
- Teach your child how to stay safe online.



Get the tools to create a better future for children and families. Visit  
**CreateABetterFuture.org**

If you are concerned that a child is being abused, seek help immediately.

**CHILD ABUSE AND NEGLECT  
HOTLINE 855-OH-CHILD**

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