



THE POWER TO
**CREATE A
BETTER
FUTURE**


Learn how to keep children safe and healthy.

**Whether you are a parent, caregiver, or other concerned adult,
you have the power to strengthen families.**

KNOW THE ISSUES

LEARN THE RISKS

TAKE ACTION



You have the power to help a child in need.

KNOW THE ISSUES

In its most basic terms, child abuse is defined as when an individual does something that causes harm to a child. This harm can take many forms, such as physical or mental injury, and sexual abuse or exploitation.

Neglect occurs when a caretaker fails to provide for a child's emotional or basic physical needs, including: food, clothing, shelter, education, supervision, or medical care. These behaviors are often overlooked and not always recognized by the caregiver as neglect.



LEARN THE RISKS

Research shows that children most at risk for abuse or neglect come from families with high levels of stress. You can play a role in preventing child abuse and neglect by identifying these risk factors:

Material or financial hardship

Mental health problems

Substance abuse

Family violence

Caregiver history of adversity or trauma



CLOSE TO HOME

Research indicates that Southwest Ohio has a higher prevalence of substance abuse, family violence, and rate of trauma compared to other regions within or outside of Ohio.

CREATE A SAFE ENVIRONMENT FOR YOUR CHILD

You can create a better future for the children in your life. These tips will help you develop a safe, stable, and supportive relationship with them.

Nurture them

Children need to know that they are special, loved, and capable of following their dreams.

Help yourself

When life is overwhelming, take a break and remember what is important before interacting with your child.

Discipline thoughtfully

Use positive discipline techniques as a way to teach, not punish, your child.

Keep calm

It can be stressful to hear your baby cry for a long period of time, making it difficult to stay rational. Never shake a baby.

Monitor media usage

Violent content and social media can be harmful to children. Know what your child is viewing and who they are talking to online.

Visit the **Support for Families** page at **CreateABetterFuture.org** for more tips.

MAKE A DIFFERENCE FOR OTHERS

When you help other families in your community, you're supporting healthy and safe home environments. Some ways you can get involved include:

Helping a friend, neighbor, or relative with childcare, especially during holidays or school breaks

Mentoring a child

Helping to develop parenting resources at your local library or school

Helping to meet material needs of families

Donating money needed for children's activity fees or club memberships

Helping caregivers access services for children

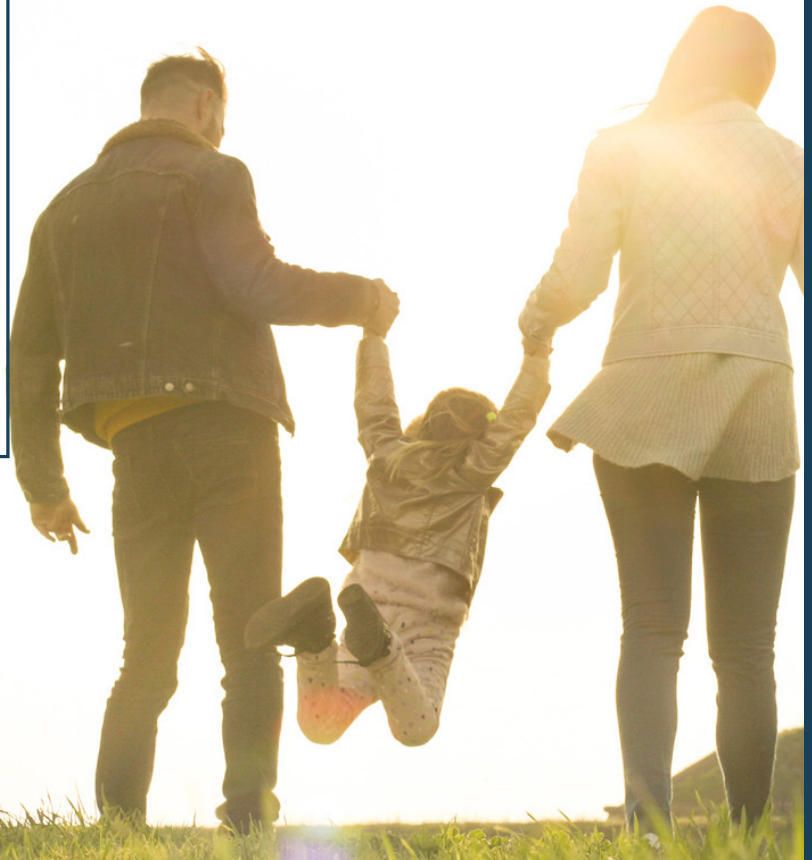
Visit the **Support for Community Involvement** page at **CreateABetterFuture.org** for more tips.

You have the power to strengthen families.



OUR MISSION

The Power To Create A Better Future is a new initiative that's designed to generate a sense of responsibility in preventing child abuse and neglect by offering resources and information to parents, caregivers, educators, social workers, healthcare professionals, and other concerned citizens. Our goal is to improve the well-being of children so that every child in Southwest Ohio has the opportunity and resources to grow up safe and healthy.



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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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