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](CreateABetterFuture.org) 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*
*Helping to meet material needs of families*

*Mentoring a child*
*Donating money needed for children’s activity fees or club memberships*

*Helping to develop parenting resources at your local library or school*
*Helping caregivers access services for children*

Visit the [Support for Community Involvement](CreateABetterFuture.org) 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.

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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