

## Ways you can help prevent child abuse...

### Have Patience

*A crying baby can be frustrating. Learn what to do to calm your baby. NEVER shake a baby as it may result in severe injury or death.*

### Help Yourself

*When the problems of everyday life pile up, take time out. DON'T take it out on your child.*

### Be a Nurturing Parent

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

### Get Involved

*Ask members of your community to develop services to meet the needs of children and families.*

### Report

*If you have reason to believe a child has been or may be abused or neglected, call the Child Abuse Hotline at 1.800.522.3511.*

### Volunteer

*Help out at a local child abuse prevention program. For more information, call 405.271.7611.*

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