

# Child Abuse and Neglect Part One: Prevention and Education

## RESOURCE GUIDE

Children need safe, stable, nurturing relationships and environments that build resilience and protect them from risk factors for child abuse and neglect. There are six protective factors that promote safe, stable, nurturing relationship and environments.

### **NURTURING and ATTACHMENT**

Strong, warm feelings between parents and children

**What you will see:**

- Children trust that their parents will provide what they need to thrive
- Warm, responsive, meaningful interactions between the parents and child
- Parents will comfort the child when the child is distressed
- Parents support the child in playing, learning and problem-solving

### **PARENTAL RESILIENCE**

Parents have positive attitudes, solve problems creatively and address challenges effectively

**What you will see:**

- Parents don't direct anger and frustration at their children
- They handle everyday stressors and recover from occasional crises
- They have hope, optimism and self-confidence
- They practice self-care and ask for help when they need it, including seeking out mental health or substance use services

### **SOCIAL CONNECTIONS**

Trusted family and friends provide emotional support, encouragement and assistance

**What you will see:**

- Parents know how to establish and maintain social relationships
- They have multiple friendships and supportive relationships with others, including family, friends, neighbors, faith-based organizations and community organizations
- They turn to their social networks in times of need
- They accept help from others and give help in return

### **KNOWLEDGE OF CHILD DEVELOPMENT**

Parents understand how children grow and development and know typical developmental milestones

**What you will see:**

- Parents have appropriate developmental expectations and provide what children need during each developmental phase
- They use positive discipline techniques to effectively manage children behavior
- They set and enforce appropriate limits and recognize and respond to children's needs

### **CONCRETE SUPPORTS FOR PARENTS**

Families have basic resources such as food, clothing, housing, transportation and access to essential services

**What you will see:**

- Parents advocate effectively for themselves and their child, seeking and receiving support when needed
- They know what services are available and how to access them
- They have adequate financial security and are able to meet their basic needs

### **SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN**

Parents will respond warmly and consistently to foster a secure attachment

**What you will see:**

- Parents encourage and reinforce the child's social skills
- As the child grows, he or she will be able to communicate effectively and express emotions
- The child will have a strong bond with his or her caretaker, siblings and other children and will feel safe expressing emotions

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## Resources for Providers

- **1 (800) CHILDREN** Helpline is an information and referral line for people who are concerned about the healthy development of children and the prevention of child abuse and neglect. Callers can talk to a trained individual who cares and wants to help.
- **1 (800) 4-A-CHILD** or **1 (800) 422-4452** - The [Childhelp National Child Abuse Hotline](#) is staffed 24 hours a day, 7 days a week with professional crisis counselors who –through interpreters – provide assistance in over 170 languages. The hotline offers crisis intervention, information and referrals to thousands of emergency, social service and support resources. All calls are confidential.
- [Mandatory Reporters of Child Abuse and Neglect](#), Child Welfare Information Gateway, Children’s Bureau, U.S. Department of Health and Human Services
  - [What is Child Welfare? A Guide for Health-Care Professionals](#)
  - [Mandatory Reporters of Child Abuse and Neglect](#)
  - [Definition of Child Abuse and Neglect](#)
  - What is Child Abuse and Neglect? Recognizing Signs and Symptoms - [English](#) and [Spanish](#)
  - [Summary of State Laws](#)
  - [State Child Abuse and Neglect Reporting Numbers](#)
  - How the Child Welfare System Works – [English](#) and [Spanish](#)
  - [Supporting Brain Development in Traumatized Children and Youth](#)
  - [Understanding the Effects of Maltreatment on Brain Development](#)
  - Long-Term Consequences of Child Abuse and Neglect – [English](#) and [Spanish](#)
  - Toll-Free Crisis Hotline Numbers – [English](#) and [Spanish](#)
- [Guidance for Effective Discipline](#), The American Academy of Pediatrics
- [AAP Policy Statement on Spanking](#), The American Academy of Pediatrics
- [Adverse Childhood Experiences: Looking at How ACEs Affect Our Lives and Society](#)

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### Resources for Families

- [National Child Abuse Prevention Month Tip Sheets 2019](#), U.S. Department of Health and Human Services - [English and Spanish](#)
- [Learn the Signs. Act Early.](#) Developmental Milestones, Centers for Disease Control and Prevention
- [Personal Mapping Activity](#)
- [Nurturing Children Wheel](#)
- [Parenting Tips for Nurturing and Discipline](#), Families Forward Parenting Programs, Watertown, MA
- Healthychildren.org, The American Academy of Pediatrics
  - [Normal Child Behavior](#)
  - [Communication and Discipline](#)
  - [How to Shape and Manage Your Young Child's Behavior](#)
  - [What's the Best Way to Discipline My Child?](#)
  - [Where We Stand: Spanking](#)
  - [How to Give a Time Out](#)
  - [Top Tips for Surviving Tantrums](#)
  - [Disciplining Older Children](#)
  - [How to Communicate With and Listen to Your Teen](#)
- [“Once I Was Very, Very Scared.”](#) Free PDF Children’s Book in English, Spanish, Arabic and Turkish – A little squirrel announces that he was once very, very scared and finds out that he is not alone. This story illustrates how stress can affect children and ways to help them.
- Preventing Sexual Abuse
  - [Stop It Now! Prevention Tools](#) – Tip sheets to prevent the sexual abuse of children
    - [Create a Family Safety Plan](#)
    - [Talking to Children and Teens](#)
    - [Don't Wait: Everyday Actions to Keep Kids Safe](#)
    - [How to Talk to Your Child to Reduce Vulnerability to Child Abuse for Parents of Children with Disabilities](#)
  - [Talking to Your Child About Sex](#)
  - [Questions and Answers about Sex](#), Kids Health from Nemours