

April is National Child Abuse Prevention Month

SHOW YOUR CHILD YOU CARE EVERYDAY

... IN YOUR FAMILY

- Laugh with your child each day
- Help your child make positive choices about their free-time activities
- Allow for adult "quiet time" each day

... IN YOUR COMMUNITY

- Volunteer at a local child-serving agency
- Ask your grocer to print an advocacy message on register tapes
- Be involved in your child's classroom – at worship or school

... WITH FRIENDS

- Offer to "swap" babysitting for an afternoon
- Share a positive parenting idea that worked well
- Go together for a picnic lunch at the park and take the kids

31 Ways

To Build Your Child's Self-Esteem

In 31 Days

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|---|
| Volunteer with your child. | Plan to attend school events: field trips, open houses, conferences. | Make a CHORE CHART and let your child keep track of his accomplished tasks. | Designate a QUIET PLACE for your child to read or play alone. | Praise your child. | Make a FAMILY TREE. | PLAY a sport together. |
| Go for a WALK and learn the neighborhood. Find your city on a map. | PLANT a seed and watch it grow. Let your child be responsible for care. | Hang your child's ARTWORK around the house. | WRITE a letter to a relative together. | Be a COACH, school volunteer, or SCOUT LEADER. | Teach your child good MANNERS. | Let your child plan an EVENING OUT for the family. |
| PAINT your child's bedroom. Let your child pick out the color. | Keep PHOTOGRAPHS of your child around the house. | Buy your child a watch and teach her how to tell time. | PLAY games and work puzzles together. | Plan and prepare a meal together. And eat the meal with your child. | Talk to your child about his CULTURAL HERITAGE. | Let your child select the clothes he'll wear today. |
| Make a GROWTH CHART and put it on the wall. | Designate a SPECIAL DAY to spend just with your child. | Encourage your child to talk about her day. | Make a list together of all the reasons your child is special and post it. | Encourage your child to have a HOBBY or start a collection. | Read to your child and let your child read to you. | Help your child sign up for a library card. |
| Teach your child safety procedures: fire drill, safety numbers. | Acknowledge your child's FEELINGS. | Tell your child, "I LOVE YOU," every single day. |  |  |  |  |

For more information on healthy parenting contact:

- Your Child's Doctor
- Your JCCEO Head Start-Early Head Start Family Services Worker
- Your Local Child Abuse Prevention Agency

Jefferson County Department of Human Resources
Child Abuse Hotline

423-4850

JCCEO

Head Start- Early Head Start, Pre-K Program

300 Eighth Avenue West

Birmingham, AL 35204

(205) 327-7500



JCCEO Mission Statement: JCCEO seeks to reduce poverty and help low-income citizens of Jefferson County, Alabama to meet critical needs and become self-sufficient.

JCCEO