

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