



As the holiday season is upon us, we reflect on the fact that all children deserve great childhoods. We recognize that we all have a role to play in making sure that our communities are safe environments where our children can thrive.

So we celebrate the holiday season with:



25 DAYS, 25 WAYS



to prevent Child Abuse and Neglect

1. **Make children a priority.** Make sure the children in your life are safe and healthy.
2. **Practice Positive Parenting.** All children deserve a loving and caring home.
3. **Learn about child development.** Children are not little adults, make sure you are nurturing them and providing them with the opportunity to grow.
4. **Check out a parenting class.** All parents could use a little help.
5. **Reach out to other parents, friends, neighbors.** Being a parent isn't easy. Support the other parents who you know. Babysit. Offer a meal, or just listen.
6. **Reduce Holiday Stress.** Check out these tips for enjoying the spirit of the holidays.
7. **Model patience and respect.** Children learn by watching and often mimic what you do, not necessarily what you say.
8. **Set up a child abuse prevention training at your office, church or school.**
Did you know that PCAV can come to you?
We can also send you materials about preventing child abuse and neglect.
9. **Pledge to participate in Child Abuse Prevention Month in April.** Decide to plant or sell pinwheels, pledge to participate in Wear Blue Day, attend the conference, distribute materials in your community or plan your own CAPM event!
10. **Learn about our advocacy efforts.** We are committed to promoting legislation, policies and programs that help to prevent child abuse and neglect, support healthy childhood development, and strengthen families.
11. **Host a family event, health fair or block party.** Invite PCAV to attend and distribute materials, resources and information!
12. **Check out our Family Resource Center.** We have a resource center that includes hundreds of materials to educate parents, caregivers, prevention professionals,

students and others about numerous issues related to parenting, child development, and the social and emotional well-being of children, parents and families.

13. **Promote 800 CHILDREN in your community.** 800-CHILDREN is a statewide, toll-free parent helpline with trained call specialists who give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected.
14. **Check out your local library for resources on abuse and neglect.** Request help from PCAV in providing them if they are not present.
15. **Learn the signs and symptoms of child abuse.** Learn what signs to look out for and share this information with everyone in your life.
16. **Volunteer as a coach or mentor.** You can make the difference in a child's life.
17. **Learn more about the long standing effects of child abuse.** See how the effects of abuse and neglect affect children for life and the effect that it has on our communities.
18. **Attend a lunch and learn.** Plan to attend a Lunch and Learn this year to have lunch on us and learn about how we work to prevent child abuse and neglect.
19. **Start or attend a parenting support group in your community.**
20. **Learn about Healthy Families and how Home Visiting works!**
21. **Talk about sexual abuse.** Make sure that the children and adults in your life know and understand the signs of sexual abuse.
22. **Don't be afraid to ask for help!** Parenting is hard; asking for help is a sign of good parenting! Encourage others to ask for help and remove the stigma of asking for help.
23. **Ask your elected officials to support programs that help children and families.**
24. **Share information about shaken baby and safe sleep with your family, schools, and communities.**
25. **Support PCAV!** Sign up to volunteer, or make a donation in honor of someone in your life who helped you have a great childhood or a child you wish to have one!

