

# JANUARY 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Family Resolutions for the New Year

**Help make New Years Resolutions a success by making the commitment together as a family.**

1. Set aside one night per week as family night.
2. Spend at least 20 minutes each day talking as a family.
3. Work together on household chores.
4. Read together as a family at least once per week— even if your kids are older.
5. Eat dinner together at least one night a week.
6. Laugh together as a family every day.
7. Practice good money management skills helping children learn to save and spend money wisely.
8. Work together on a special family project.
9. Look at family photos regularly.
10. Listen to older family members tell stories about the family's history.
11. Volunteer time, resources, or both to a charity that serves children and families.
12. Learn about a new culture as a family.
13. Deal with any unsettled family business to promote peace in your life.
14. Connect with other families around you to build relationships and positive support systems.
15. Encourage each other with praise rather than being critical.
16. Let children make appropriate decisions for themselves to promote responsibility.
17. Hold family meetings to solve problems, share good news and plan fun events.
18. Discipline with love, patience and understanding.
19. Make it OK to talk about feelings (even bad ones).
20. Think of 20 ways that your family can connect over the next year.

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### PREVENT CHILD ABUSE ILLINOIS

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# FEBRUARY 2011

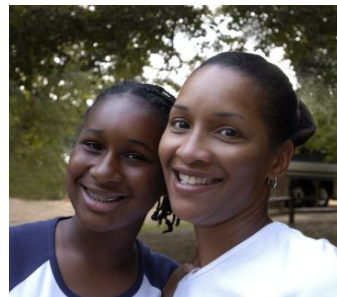
## Prevent Child Abuse Illinois' 20 Ways

### 20 Ways to Say "I Love You!"

**Valentine's Day is a great time to say "I love you" but LOVE is important all year long.**

1. Say "I love you" to each member of your family, every day.
2. Give a hug.
3. Play together and laugh a lot.
4. Fix a favorite meal and serve it on a special plate.
5. Write a "Thank You" note to your child just to say thank you for who they are.
6. Watch a movie together and share a bowl of popcorn.
7. Spend time everyday listening to your child.
8. Place or hang family photos where everyone can see them.
9. Create a "Smile box" where you can leave special notes, pictures, cards or small gifts for each other.
10. Listen to music together.
11. Find time to share your hobbies and interests.
12. Plan a special day together.
13. Put notes in lunch boxes, backpacks or under pillows.
14. Have a Valentine's party with homemade cookies and cards.
15. Make pancakes in the shape of hearts.
16. Pamper someone for a day.
17. Respect feelings and opinions, even when you don't agree.
18. Say "Please" and "Thank you".
19. Make a list of 20 Ways your family shows love to each other and put it on the refrigerator.
20. Love them no matter what!

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# MARCH 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Suggestions for New Moms and Dads

#### Congratulations and welcome to parenthood!

1. Know that babies cry a lot and learn what soothes your baby. Try not to blame yourself or be angry with your baby if you are unable to calm your little one. Learning what works takes patience and practice.
2. Never ever shake a baby! If you feel you are getting upset, place your baby in a safe place and walk away for a few minutes.
3. Keep a camera close by and take frequent pictures. Babies grow and change quickly.
4. Ask for help. Caring for a newborn can be exhausting and it's normal to need help.
5. Plan ahead. Keep a list of phone numbers you may need in a hurry programmed into your cell phone and near your home phone such as your pediatrician, the hospital emergency room, a relative, supportive friend, or breast feeding consultant.
6. Hold your baby as often as you want. You will not spoil the baby. Holding and cuddling helps baby to feel secure and loved.
7. Listen to other's advice but follow your pediatrician's recommendations.
8. Take time for your baby. Housework can wait.
9. Learn as much as possible about early brain development and how you can enhance your baby's learning.
10. When baby naps, get some rest yourself.
11. Keep a list of questions for your pediatrician and take it with you to your baby's appointments.
12. Establish a bedtime routine, such as a bath, book, breast or bottle, then bed. This will help baby be prepared for sleep.
13. Learn how to swaddle your baby.
14. Always place baby on their back to sleep. "Back to sleep" has been proven to reduce the chance for Sudden Infant Death Syndrome.
15. Make sure baby's equipment such as crib, car seat, swing and toys are safe.
16. Always use a car seat for your baby when driving.
17. Keep baby away from cigarette smoke.
18. Talk to other new parents. Join a support group.
19. Take time for each other. You were a couple first!
20. What your baby needs most is you and your love. Enjoy!

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# APRIL 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Ways to Prevent Child Abuse

#### April is Child Abuse Prevention Month Children Matter... Get involved!

1. Call the Child Abuse Hotline if you suspect a child is being hurt. In Illinois 1-800-25ABUSE (1-800-252-2873)
2. Be a positive and nurturing parent or caretaker and help others be positive parents too.
3. Make children a priority. Make sure they are safe and have healthy environments.
4. Allow yourself a time-out when stressed.
5. Seek help if you feel out of control or worried about your parenting.
6. Wear a blue ribbon the entire month of April and attend child abuse prevention activities in your area.
7. Organize a Pinwheel planting or Blue Ribbon campaign in your area.
8. Sponsor a child abuse prevention workshop for your office.
9. Decorate your home, office, classroom, or business with pinwheels and blue ribbons.
10. Involve youth groups, churches, school groups or volunteers to make and distribute blue ribbons or pinwheels in your community.
11. Join or start a Child Abuse Prevention Coalition.
12. Organize a parent support group.
13. Partner with local businesses to host community workshops, health fairs or fun events for families.
14. Encourage groups to incorporate positive parenting message into their newsletters.
15. Ask local officials to support programs and services that help children and families.
16. Sign up to be a walker in the Illinois Walk for Children.
17. Follow PCA Illinois on Twitter and join our cause on Facebook.
18. Buy pinwheels, blue ribbons and more from PCA Illinois.
19. Host a Blue Jeans Day at your office, school or club with proceeds benefiting PCA Illinois.
20. Donate to Prevent Child Abuse Illinois!

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# MAY 2011

## Prevent Child Abuse Illinois' 20 Ways

### May is Childhood Drowning Prevention Month

**Drowning is the leading cause of accidental death among children ages 1 to 4, and second leading cause for children 1 to 14.**

1. Appoint an adult who can swim to watch children in the pool. The supervising adult should not read, talk on the phone or do any other distracting activity.
2. Swimming lessons will not make your child "drown-proof". Good swimmers can drown.
3. Keep ladders, furniture and toys away from above ground pools. Toddlers are great climbers.
4. Fence your pool completely, install a gate, and a pool alarm.
5. Young children should wear flotation devices but these devices do not replace supervision.
6. Remind caregivers to never leave children unattended near water.
7. Keep pool water clear and remove toys when pool is not in use.
8. Learn CPR! Keep rescue equipment, telephone, emergency numbers near all pools.
9. Even use caution around baby pools. It can take less than 2 inches of water for a child to drown. Empty baby pools when not in use.
10. Teach children to stay away from pools unless with an adult. Neighbors may have pools and your child may wander there without an adult.
11. Never leave a young child alone in a bathtub or allow a sibling to watch a younger child.
12. Infant tubs and seats are bathing aides, not safety devices.
13. Keep toilet lid down and use a seat lock.
14. Put a latch on the bathroom door to keep unsupervised children out.
15. Five gallon buckets, washtubs, and coolers pose a threat. Empty and store out of children's reach.
16. When picnicking in a park or campground, find out ahead of time where bodies of water are and make sure children are supervised while they explore.
17. Older children and teens will take more risks in water. Remind them to stay within designated area and swim with a buddy.
18. In winter water may not be completely frozen. Stay off the ice!
19. Decorative ponds or fountains in yards are also a risk.
20. A child can drown in the time it takes to answer the phone or run to the restroom. Supervision is the key to preventing accidental drowning.

**Be Water Wise...SUPERVISE!**

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# JUNE 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Fun Filled Activities for Summer

**Summer is the perfect time for families to have fun and spend more time together.**

1. Go to the park and feed the ducks.
2. Visit the library and sign up for story time or for the summer reading program.
3. Play flashlight tag after dark.
4. On a day that is too hot outside build a fort from blankets, and read books and eat snacks inside.
5. Have a cookout with friends or neighbors and let the kids set the menu and help prepare the meal.
6. Play in the sprinkler with the kids... don't just watch!
7. Teach your kids how to fly a kite or build a paper sailboat.
8. Visit a museum or zoo.
9. Pick a charity and volunteer for the day.
10. Have a picnic in your own backyard.
11. Plan a special time with each child individually and let them pick the activity.
12. Plan a backyard carnival and invite neighborhood kids to play ring toss, golf, matchbox car races, pin the tail on the donkey and more.
13. Research your family history and create an art project to represent your family tree.
14. Catch lightening bugs or create a bug collection.
15. Take the family to the local swimming pool.
16. Set out a big jigsaw puzzle and do a little each day as a family. When complete use puzzle glue and frame your picture or start all over.
17. Use sidewalk chalk to draw pictures, or create a hopscotch game.
18. Make a bird feeder out of a milk jug and see how many different kinds of birds you can learn about over the summer.
19. Let your kids create a play with props and costumes. Make tickets and invite family and friends to watch.
20. Create a scrapbook of all the fun activities you are doing this summer.

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# JULY 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Tips for Coping with a Crying Baby

**All babies cry, some more than others. Crying is how babies communicate. Never shake a baby. Shaken Baby Syndrome can happen when caregivers are overwhelmed.**

#### If your baby is crying...

1. Check to see if the baby is hungry? Some babies eat every 2 hours or more.
2. Check to see if the baby needs a diaper change.
3. Check the room temperature. Is baby too hot or too cold?
4. Try cuddling or holding the baby. You can't spoil a tiny baby. They need to feel safe and loved.
5. Walk with the baby.
6. Gently rock or bounce the baby in your arms. **Never shake!**
7. Wrap the baby in a swaddling blanket.
8. Try shushing in the baby's ear.
9. Offer the baby a pacifier.
10. Put the baby down for a nap.
11. Try giving the baby a soothing bath or massage.
12. Put the baby in a car seat and take a ride or put baby in a stroller and take a walk.
13. Listen to music with the baby.
14. Sing to the baby.
15. Put the baby in a baby swing.
16. Try some "white noise" such as a vacuum cleaner, static on a radio, or a loud fan.
17. Call a friend or family member for support.
18. Try not to blame yourself or be angry or blame your baby. Crying is just what babies do.
19. If you are unable to calm the baby, lay the baby on its back in a safe place and leave the room to take a few minutes to calm yourself. Check on the baby often.
20. If you think baby is sick, call your pediatrician.

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# AUGUST 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 ways to help your child be successful

**School will soon be starting and parents have a special role in helping children get ready.**

1. Provide your child with a healthy breakfast each morning such as whole grains, fruit and protein.
2. Get to know your child's teacher and show interest in your child's success in school.
3. Talk with your child each day about what they learned in school.
4. Make rules about homework and help your child get organized to do homework.
5. Have a special place for backpacks and other items needed for school.
6. Attend all parent-teacher conferences throughout the year.
7. Let your child's teacher know of any concerns you may have about your child's school performance.
8. Talk to your child regularly about the importance of education.
9. Provide a special place where your child can study.
10. Attend school events with your child when possible.
11. Read all messages and report cards that come home from school.
12. Limit the amount of time your child watches television, uses the internet and plays video games.
13. Have books and other reading material available in your home.
14. Read to your child every day and listen to your child read to you.
15. Maintain communication with your child's teacher throughout the school year.
16. Get a library card and encourage your child to use the library regularly.
17. Help your child with school projects and homework.
18. Make learning fun and do activities that enhance your child's academic skills.
19. Make sure that your child gets plenty of sleep each night.
20. Encourage your child to do the best they can in school!

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# SEPTEMBER 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Tips for Talking With Your Children

**Communicating positively with children helps them develop confidence, good behavior and a positive view of the world.**

1. Make sure to smile, touch and make eye contact with your child every day in a positive and loving way.
2. Set aside one night per week for family dinner and encourage everyone to talk about their day.
3. Start when your child is young letting them know that you are willing to listen to whatever they have to say, even if you don't agree.
4. Write encouraging notes to your child and put them in surprising places like backpacks, pillow cases or pockets.
5. Don't yell. If you're angry all of the time it is your problem to solve. Don't take it out on your child.
6. Teach your child early to identify their feelings so that they can tell you what they feel inside.
7. Turn off the radio in the car and talk about whatever your child is interested in.
8. Ask questions that must be answered with more than yes or no.
9. Listen! Ask permission to give advice. Sometimes our children only want to vent. They might not want us to solve the problem.
10. Read to your child or have your child read to you no matter how old they are. Talk about the story.
11. Learn how to speak your child's language even if that means learning how to email, send texts and use Facebook.
12. Be respectful to your child in front of friends, yours and theirs.
13. Be a safe place to where your child can come and talk and anything.
14. Include your child in family discussions about everyday things like doing chores and planning events.
15. Talk with your child's friends when they are around.
16. Use a dry erase marker on the bathroom mirror to leave fun notes and reminders of appointments or chores.
17. Create traditions that keep you in contact with your child.
18. Play games together.
19. Attend your child's activities.
20. Tell your child that you love them and hug them each and everyday.

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# OCTOBER 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Tips to Stay Safe and Have Fun in the Fall

Fall is a great time of year to be outside and have fun with your children. As the weather gets colder and the days get shorter, it is important to teach children how to stay safe and have fun.

1. Play in the leaves with your child.
2. Visit a local orchard and pick your own apples.
3. Go for a nature walk in the park to collect leaves, pinecones and acorns.
4. Cook hotdogs and marshmallows over a campfire. Teach your child about fire safety.
5. Talk to your child about some of the scary things they might see in neighbor's yards, in stores or on TV during Halloween. Let them know they can always come to you when they are scared.
6. Watch insects and animals around the yard as they prepare for winter.
7. Let your child plan a fall party. Scavenger hunts, bobbing for apples, decorating pumpkins and making popcorn balls are fun fall activities.
8. Work with your child and rake leaves for an elderly neighbor or arrange a neighborhood clean up with several neighborhood families.
9. Take a trip to the library and find books about Autumn.
10. Start a new family tradition. Bake a pie together, make soup, toast pumpkin seeds, visit a zoo, attend a fall festival.
11. Never let your child go trick-or-treating without adult supervision even on your own street.
12. Help your child make their own Halloween costume.
13. Make sure your child's costume can be seen in the dark. Add reflective tape.
14. Create your own haunted house. Be creative and let the kids help.
15. Build a scarecrow out of old clothes stuffed with straw, leaves or pillows.
16. Before trick-or-treating encourage your child to eat a healthy meal or snack.
17. After trick-or-treating check your child's candy to make sure it is safe to eat.
18. Let small children decorate their own pumpkin with paint or markers.
19. Monitor what your child watches on TV. Make sure scary movies are age appropriate.
20. Spend time as a family having fun, enjoying nature and building memories.

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# NOVEMBER 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Ways to Give Thanks and Nurture Gratitude

**Thanksgiving is a time to remember all the things we have to be thankful for and gives us the opportunity to teach our children about gratitude.**

1. Tell family members and friends why you are thankful for them.
2. Read a Thanksgiving story with your family on Thanksgiving day.
3. Invite a neighbor or friend to join in your Thanksgiving meal.
4. Show your appreciation to your babysitter, child's teacher, mail carrier or others by baking them cookies.
5. Help other families in your community by donating food to a local food pantry.
6. Send a care package or donate items to those serving our country.
7. Prepare a Thanksgiving basket filled with special treats to give to a family or favorite charity.
8. Make a Thanksgiving tree using construction paper and have each family member write down what they are thankful for on the leaves.
9. Give back to your community by volunteering at a local charity, food pantry or senior center.
10. Go around the dinner table and have each member tell their favorite family memory. This will bring lots of smiles and laughs as memories are shared.
11. Do a family project of writing a poem about what you are thankful for.
12. Have a basket with pen and paper so that throughout the month family members can jot down things they are thankful for. Small children can draw or cut out pictures from magazines.
13. Talk to your children about how to show thanks. Have them write a note to thank teachers, grandparents or others.
14. Gather old toys and clothes and donate them to a homeless or battered women's shelter or a thrift store.
15. Do something unexpected for someone you love.
16. As a family, thank a veteran in honor of Veteran's Day.
17. Look for small things in your life to be thankful for and appreciate them.
18. Give your time and energy to someone who may need it.
19. Smile and say hello to someone you don't know.
20. Tell your children how special they are and that you are thankful for them.

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# DECEMBER 2011

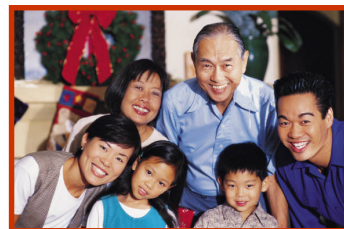
## Prevent Child Abuse Illinois' 20 Ways

### 20 Ways to De-stress Your Holidays and Everyday!

**Holidays can be the most wonderful time of the year but also one of the most stressful.**

1. Stay organized. Make a list or create a calendar of things that need to be done.
2. Simplify! Simplify decorations, gifts and gatherings.
3. Teach children that the holidays are about giving from the heart and not from your wallet or their piggybank.
4. Be creative. Creativity helps reduce stress. Personalize gifts by making something or offering a service like babysitting or yard work.
5. Create and stick to a budget so you can feel good about the amount of money you spend.
6. Laugh more, laugh often and build memories!
7. Repeat something you did last year that everyone enjoyed so you can build a new family tradition.
8. Practice good nutrition for you and your children and get plenty of sleep.
9. Begin a family tradition this year of giving back to your community. Donate toys or other items, visit a nursing home, volunteer at an animal shelter or food pantry.
10. Change your expectations about the holidays such as finding the perfect gift or planning the perfect family get-together. Ask for and accept help. Have fun and let go of "perfect".
11. Baking as a family activity can be fun and rewarding.
12. It can be stressful to think about all of the things you want to give your family. Practice gratitude by being thankful for what you do have.
13. Be realistic with your time and energy and say "no" where and when you can.
14. Prepare a special place you can go if you feel overwhelmed.
15. Make sure to give yourself time to relax. Practice deep breathing.
16. Recognize and help your child cope with stress. Don't expect too much or more from children during the holidays.
17. Spend quiet time with your children talking about your beliefs, memories and traditions growing up.
18. All things in moderation! Doing too much, buying too much, eating and/or drinking too much will add to your stress.
19. Dealing with difficult relatives can be stressful. Don't expect they've changed. Changing your attitude can help you cope.
20. Most importantly, be able to recognize signs of stress, know how to reduce stress and do something about it.

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