

# 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!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



### PREVENT CHILD ABUSE ILLINOIS

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