

14 Suggestions to Keep Your Calm

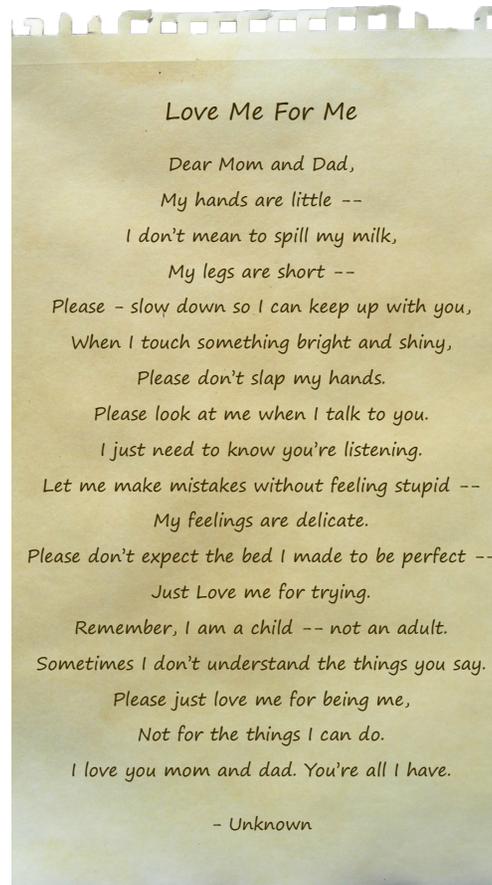
1. Remember that YOU are the adult, and that YOU are in control. You have the power to choose how you will react in any situation, good or bad.
2. NEVER discipline your child while you are angry. Wait until you have cooled off to think of an appropriate response.
3. Talk to someone about how you are feeling.
4. Imagine you hearing what your child is about to hear.
5. Ask someone you trust to babysit your children while you cool off and rest.
6. Turn on some soothing music. This may help both you and your child calm down.
7. Check to see if your child has any medical problems that may be causing his behavior.
8. Give yourself a time-out.
9. Splash water on your face.
10. If your child needs to be disciplined, consider putting your child in time out instead of using corporal punishment.
11. If drug abuse or alcohol is a problem for you, get help. There are many local groups who specialize in helping people overcome addiction so that you can get on with your life.
12. Join a local parent support group
13. Keep a phone list close by of friends or family you trust to watch your children.
14. **Call Crisis Counseling for Parents.**
Don't react, take a deep breath and call the number! **800-422-4453**

Consequences for Abusers

1. Death of the child
2. Lifetime of physical and mental disabilities for the child
3. Prison Time
4. Felony Conviction
5. Lifetime of employment difficulties
6. Lifetime of financial difficulties

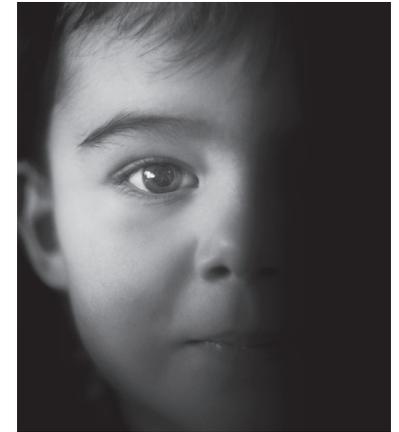
If you suspect child abuse...

- ▶ Call 911
- ▶ Call your local or state **Child Protective Services**
- ▶ Dial the **National Domestic Abuse Hotline: 800-799-7233**
- ▶ Call the **National Hotline for Children in Trouble: 800-999-9999**

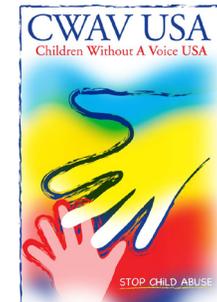


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Love Your Children, Don't Hurt Them!



Why You Should Keep Your Calm



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Children are to be loved.

Children are full of energy and love, overflowing with curiosity and wonder, and brimming with laughter and joy. Their tender ways remind us all to be a little kinder and gentler.

Childhood is a magical time of life, when the world is new and exciting, and anything is possible that you can dream up.



Yet the sad truth is that **25 - 50%** of all children will experience some form of abuse. Every day, 4 children die from child abuse, and 3 of them are less than 4 years old.

In the United States alone, 3 million cases of child abuse are reported every year, although experts believe the real number of abused children is closer to 9 million. *Only a small percentage of abuse is ever reported.*

Children who survive the abuse face a lifetime of physical, emotional and psychological problems including impaired brain development, depression, and violent behavior.

What is child abuse?

There are 4 basic types of child abuse: physical, emotional, sexual abuse, and neglect. Some children may experience one or a combination of these forms of abuse. It is not possible to list all the ways a child can be abused, but here are a few examples:

Physical abuse can start even before a baby is born, as when the pregnant mother takes drugs or alcohol, or is abused herself. After a baby is born, chemicals in the mother's body can also be passed through breast milk.

Another common form of abuse among infants is Shaken Baby Syndrome, which occurs when a person shakes a baby violently back and forth, causing the brain to bounce around inside of the skull, resulting in brain damage, many medical complications and death.

Physical abuse can also include hitting, kicking, striking a child with an object, burning, shaking, pushing, pinching, biting, throwing a child, or even cutting off a child's air supply.



Sexual abuse is any sexual action between an adult and a child. Most often the villain is someone the child knows and who is supposed to be trusted.

Examples of sexual abuse are spying on a child dressing, fondling, intercourse, telling a child dirty stories or forcing a child to watch sexual acts.

Often the children are made to feel ashamed for the awful acts and are reluctant to tell anybody, especially if they fear their story will not be believed.

Victims of sexual abuse may end up acting aggressively or seductively or alternately they may avoid affection altogether. Either way, the psychological and emotional damage done by sexual abuse, including blaming and low self worth, often takes a lifetime to heal.

In no case is sexual abuse ever the fault of the child, and he or she should be reminded of this.

Emotional abuse tears a person apart from the inside-out. Belittling, blaming, or terrorizing children, refusing love, or forcing children to watch violent acts are all forms of emotional abuse.

Emotional abuse can have an even more serious and lasting impact on a child than either physical or sexual abuse.

Lastly, **neglect** is a subtle form of abuse, where caregivers are not meeting the child's needs, either physically or emotionally.

Failing to provide a child with food or shelter, exposing children to hazards or abandoning them without making arrangements for their care are all forms of physical neglect.

Failing to give affection or ignoring them are forms of emotional neglect.

It should be remembered that child abuse is not limited to any particular class, whether it be a social, economic, ethnic, religious, or cultural group.

Signs of Child Abuse

1. Physical signs such as cuts, bruises, burns, or other injuries, especially when the child is hesitant or evasive when you ask him or her what happened.
2. Emotional signs such as depression, low self-esteem, anger, apathy or distrust.
3. Social signs such as withdrawal, relationship problems, intolerance for physical or emotional closeness, or aggression towards others.



What Triggers Child Abuse?

Abused children are at risk to repeat the cycle, unless they deliberately choose and practice another way to react in a time of crisis or stress.

In some cultures, children are seen as property, not as human beings, and are treated with little or no respect.

Stress, lack of sleep, mental illness, drugs or alcohol can also have an affect on the way you treat children. If you struggle with any of these problems or any other issues which affect your ability to care for your children, *please get help immediately.*

No matter the excuse, it is NEVER appropriate to abuse a child, OR to allow a child to be abused.