



# KNOW: How to Prevent

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Here are nine simple everyday actions that can have a positive impact on your relationship with your child.

1. **Embrace your role as a nurturing parent/caregiver.**

Children need to know that they are special, loved, and capable of following their dreams. You've got this! A great resource for all kinds of parents, with all ages of children is the [WA State Warm-Line](#).

2. **Nurture yourself.**

When problems of your everyday life pile up to the point you feel overwhelmed and out of control—take time out. Don't let your stress hurt you or others. A few deep breaths, a brief walk, a moment in nature, talking/texting with someone you trust, [a good laugh](#), a call to the [Warm Line](#) are options to reset yourself in the moment.

3. **Educate yourself and others.**

In order to feel confident in your role as a parent/caregiver and caring community member, educate yourself on the best way to raise healthy children and prevent child abuse. Be a voice in support of these efforts in your community. Here are helpful skills and tools in case you suspect child abuse and/or neglect: "[How to Respond](#)"

4. **Guide your children thoughtfully.**

**Being a parent is hard! Give yourself grace and space before dealing with the hard stuff.**

Never discipline your child when you are upset. Give yourself time to calm down. Choose actions that positively model the appropriate behavior. Use privileges to encourage good behavior and time-outs to help your child regain control. In our local community, we're fortunate to have [First Step Family Support Center](#) and the [Olympic Peninsula YMCA](#) youth & family programs for additional help.

5. **If your baby cries ...**

It can be frustrating when a baby won't stop crying. When tired and overwhelmed parents need ideas to manage the situation. [Learn what to do if your baby won't stop crying](#) and why shaking a baby is dangerous. Tips and tools give you confidence to deal with hard days.



**6. Teach children their rights.**

When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender. Knowing their rights includes consent for being touched, feeling safe with adults and knowing what safe space boundaries are. Consider using this brief video guide for: ["Talking to your child"](#).

**7. Monitor your child's television, video, and internet viewing/usage.**

Excessively watching violent films, TV programs, and videos can harm young children. [Knowing how these things affect a child's developing mind and how you can help foster best choices](#) is key. Having conversations with your kids after they watch media with explicit or violent content can help them process emotions or questions they have.

**8. Minimize opportunities for predatory behavior.**

You can model appropriate behavior and set an example by personally avoiding isolated, one-on-one situations with children other than your own. For example, in all YMCA youth programming, we practice the ["rule of 3"](#) (ratios of 2 adults:1 child or 2 children:1 adult at all times).

**9. Support prevention programs:**

Encourage leaders in the community to be supportive of children and families. [Invest in programs that have been proven to stop the abuse before it occurs](#) - such as family counseling and home visits by nurses who provide assistance for newborns and their parents, training for teachers and students.

Adapted from these Sources:

- Prevent Child Abuse America  
<https://preventchildabuse.org/resources/ten-ways-to-help-prevent-child-abuse/>
- WA State department of Children, Youth and Families  
<https://www.dcyf.wa.gov/safety/prevent-child-abuse>