

Being a parent is a full time job which most people receive little training. If you think stress may be affecting the way you treat your children, or for some extra support during difficult times, try the following:

Talk to someone.

Tell a friend, health-care provider, counselor or leader in your faith community how you feel. Ask for help.

Find a way to take a break.



Get a babysitter or trade care-giving time with another parent.

Reach out to other parents.

Talk with parents whose children are the same age as your children.

Take a class for parents.

Classes on child development, discipline, and helping your child learn can help you build on what you already know about raising a happy, healthy child.

You can make a difference.
Teach your children their rights.

Help children understand that they are special and have the right to be safe.

Support prevention programs.

Stop abuse before it occurs. Support family counseling or home visiting programs that provide assistance to newborn and their parents.

Know what child abuse is.

Understand that physical abuse, sexual abuse and appropriate food, clothing and care are all forms of child maltreatment.

Invest in kids.

Encourage local, state and national lawmakers to support legislation that will protect our children.

Awareness & Prevention

If you witness a child being harmed or see evidence of abuse you should make a report to child protective services or the local police department. If you have any questions or concerns regarding child abuse or neglect:

Please call the 24 hour Child Abuse & Neglect Hotline
704.336.CARE (2273) or 1.800.CHILDREN