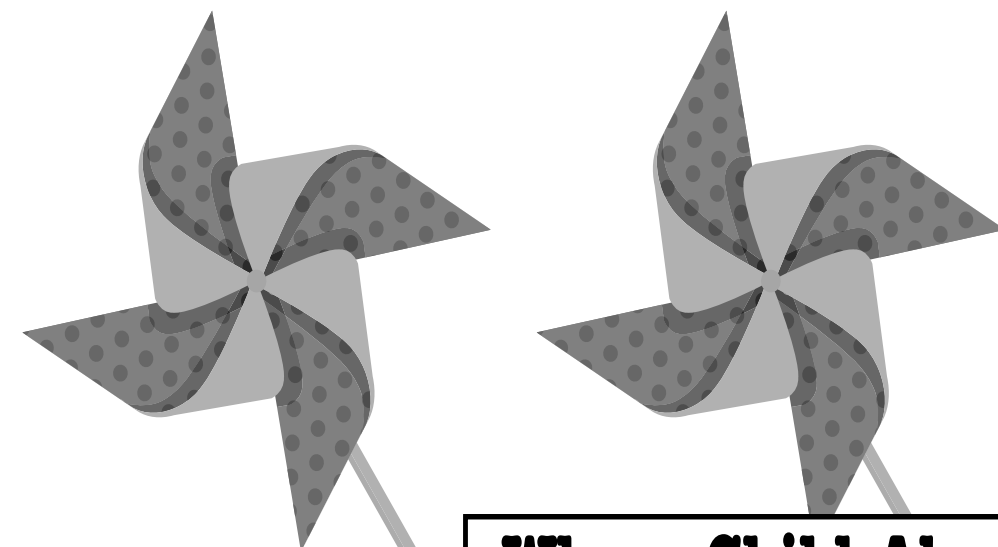




April is National Child Abuse Prevention Month



Child Abuse Prevention Month has its roots in 1982, when Congress designated June 6–12 as the first National Child Abuse Prevention Week. The next year, President Reagan established April as the first National Child Abuse Prevention Month. The Children’s Bureau’s National Center on Child Abuse and Neglect, a division of the U.S. Department of Health and Human Services, produced promotional materials like posters, bumper stickers, and buttons. For example, 1984’s theme was the blunt “Kids—You can’t beat ‘em.” Print, radio, and television PSA carried the message, “Take time out. Don’t take it out on your kid.” The Blue Ribbon Campaign to Prevent Child Abuse dates to 1989, when a grandmother in Virginia tied a blue ribbon to the antenna of her car to memorialize her grandson, who had died as a result of abuse, and spread the word to her community about the problem of child abuse. More information and a timeline of nationwide prevention efforts can be found at the Children’s Bureau [website](#).

Easy Ways to Help

No matter who you are, you have a part to play in preventing child abuse. You may be in a position to give help – or a position to receive it. It’s all about being the best parent you can be . . . and about supporting parents to do so. Here, ideas for things you can do, whatever your role.

I’m a Parent

- **Reach Out**
Often, people want to help – they’re just not sure how. Neighbors and friends want to be asked, and you’ll be surprised at how much they can offer.
- **Learn**
LaneKids.org is a great resource for parenting blogs, information, and tips. Check it out!
- **Take Time**
Connecting can be quick but worthwhile. “What was the best thing that happened to you today?” is a great conversation starter with kids.
- **Connect**
You are not alone. If you have a question about parenting, it’s guaranteed someone else has asked the same thing. Whether you join a parenting group in person or reach out online, communication helps.
- **Go Easy on Yourself**
Raising kids is hard work. It’s OK to give yourself a break – let your partner take over for an afternoon, or do something nice for yourself. Everyone needs positive reinforcement!
- **Give Back**
Helping others can put everything in perspective. Volunteer, or find an opportunity to pitch in as a family.

I Can Help a Parent

- **Decrease Isolation**
To decrease feelings of isolation, get to know the families in your neighborhood. Call or stop by for friendly conversation or to see if they need support.
 - **Baby Sit**
Offer to babysit so that parents can have a night out or simply get caught up on chores or “to dos.” If you have kids yourself, create a schedule so that you and another family can take turns babysitting for each other.
 - **Lend a Hand**
Did one of your co-workers take a sick day? Check in with them to see if they need anything. Do their kids need a ride home from school or to an extracurricular activity?
 - **Be Understanding**
Be forgiving. Sometimes parents experience unforeseen circumstances with their children. If a parent shows up late or cancels on a commitment, give them the benefit of the doubt.
 - **Collaborate**
If you are taking your child to an event or practice, check in with other parents to see if a carpool can be set up.
 - **Listen**
Listen. Oftentimes, parents just need to vent to someone who won’t judge them.
- *Content developed in collaboration with United Way/ LaneKids**

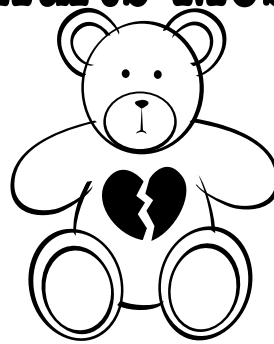
Community Resources

South Lane School District Family Resource Center (Peggy’s Primary Connection) covers everything from parent education to health care to housing assistance in the South Lane region. The Family Relief Nursery helps families and children in Cottage Grove with parenting classes, early childhood education, respite care, and resource referrals.

Pinwheels

The blue pinwheel is a symbol of the fun, carefree childhood that every child deserves. When you see a pinwheel, imagine a world free of abuse and neglect. The national organization Prevent Child Abuse America has used the whimsical pinwheel symbol since 2008 to epitomize its message: “All children deserve great childhoods because children are our future.” Visit PCAA (<http://preventchildabuse.org/resource/pinwheels-for-prevention/>) for more information on the history of Pinwheels for Prevention. Pinwheels are a symbol of the safe, happy, and carefree childhood that every child deserves. More than just an awareness campaign, the goal of Pinwheels for Prevention is to remind people to take action to prevent abuse and neglect from happening in the first place. When businesses and organizations across the country commit to displaying pinwheels in April, they make a public statement about the importance of recognizing both the seriousness of abuse and the opportunity we have right now – this month, this day, in this region – to end it.

Where Child Abuse Hurts Most



Sometimes the worst scars of child abuse can’t be seen. Whether physical or emotional, abuse attacks a child’s self-esteem and emotional development, leaving long-term emotional trauma and pain. You can help prevent child abuse by being a nurturing parent or caregiver. By letting children know they are special, competent and loved, you can help them develop positive self-images and happier futures. If you feel overwhelmed, angry or frustrated as a parent, help is out there for you. Look in your area for support groups and services, or talk to a trusted friend, family member, pastor or doctor about what you can do to protect and support your child. If we all do our part to prevent child abuse, we’ll get to the heart of the matter.

This National Child Abuse Prevention Month message is brought to you by:
Cottage Grove Police Department
 400 E. Main St.
 Non-Emergency: 541-942-9145

PROTECTING CHILDREN IS EVERYONE’S BUSINESS

- April is National Child Abuse Prevention Month. By knowing the signs of child abuse, you can help prevent it. If you suspect a child is being abused, contact your local police or child welfare agency for guidance.
- Potential victims of child abuse will often exhibit the following signs:
- Sudden changes in behavior or school performance.
 - Neglect of physical or medical problems brought to the parents’ attention.
 - Learning problems that are not attributed to specific physical or psychological causes.
 - Constant watchfulness, as if he or she is preparing for something bad to happen.
 - Lack of adult supervision and reluctance to return to the home.



South Lane County Fire & Rescue
 233 Harrison Ave., C.G. • 541-942-4493

Great Days Early Education
 403 N. River Road
 Cottage Grove, Oregon 97424
 541-942-7460
 greatdaysed.org
 greatdays403@live.com

James Heating and Air Conditioning
 115 Lawrence St., Eugene, OR
 97401
 541-461-2101

Fountain Gutters
 Cottage Grove, OR 97424
 541-729-9515

Starfire Lumber Company
 2795 Mosby Creek Rd, Cottage Grove, OR 97424
 541-942-0168

Family Relief Nursery
 720 N. 14th Street
 Cottage Grove, Oregon 97424
 541-942-4835
 info@frncg.org

Cottage Grove Sentinel
 116 N. 6th • P.O. Box 35
 Cottage Grove, OR 97424
 541-942-3325

We’re Here to Help!

April is National Child Abuse Prevention Month, a reminder that every child deserves to feel safe at home and in his or her community.



If you feel you are in danger of harming your child, help is available. Reach out to church or family support resources in your community or speak confidentially with a Childhelp® counselor at 800.422.4453. Or call us Locally.

South Lane Mental Health Services, Inc.
 1345 Birch Ave., Cottage Grove
 541-942-3939 • slmh.org