



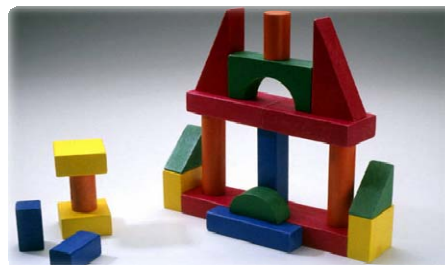
# YOU Can prevent child abuse



Los Angeles Community Child Abuse Councils  
[www.laChildAbuseCouncils.org](http://www.laChildAbuseCouncils.org)

## Daily Acts of Kindness Towards Children

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read to a child.	Compliment and encourage a child.	Start a Meal Tradition: Healthy Tuesday Dinner	Listen to your children's stories and dreams. It helps build self-esteem.	Praise your children for what they are doing well.	Sing a song with your child.	Color a special picture with your child. Hang it on the refrigerator.
Go for a family bike ride.	Set aside time each day to focus entirely on your child.	Baby-sit free for a parent who needs a break.	Let your child overhear you telling someone how great your child is.	Take your child to the zoo.	Help your child pick out old toys to give away.	Play your child's favorite game.
Make cookies with your child and take them to your neighbors.	Hug your children for no reason.	Turn up the radio and dance all together.	Do something relaxing to take care of yourself.	Take your children to visit a fire station.	Give everyone in your family a hug today.	Have the family go for a long walk together .
Teach your child words to describe their feelings.	Rent a family movie and share a bowl of popcorn.	Go to a parenting workshop.	Learn how, when, and what to report about suspected child abuse.	Ask your children what was the best part of their day.	Tell your children "I love you."	Take your family to the park for a picnic.
Make Sunday dinner together as a family.	Ask your children about their favorite subject in school.	Plan an activity with another family.	Have a block party to meet your neighbors.	Take your child to the library and check out a special book.	Make Friday night Family Night!	Help your child send a note, picture, or card to someone they appreciate.



## The Five Protective Factors

The five Protective Factors are the foundation of the Strengthening Families approach. Extensive research supports the common-sense notion that when these Protective Factors are present and robust in a family, the likelihood of child abuse and neglect diminish.

Parental resilience: The ability to cope and bounce back from all types of challenges

Social connections: Friends, family members, neighbors, and other members of a community who provide emotional support and concrete assistance to parents

Knowledge of parenting and child development: Accurate information about raising young children and appropriate expectations for their behavior

Concrete support in times of need: Financial security to cover day-to-day expenses and unexpected costs that come up from time to time, access to formal supports like TANF and Medicaid, and informal support from social networks

Children's social and emotional development: A child's ability to interact positively with others and communicate his or her emotions effectively



## LOS ANGELES COMMUNITY CHILD ABUSE COUNCILS

[www.laChildAbuseCouncils.org](http://www.laChildAbuseCouncils.org)

### **Advocacy Council for Abused Deaf Children**

Jean Marie Hunter (626) 798-6793

### **Asian and Pacific Islander Children, Youth and Family Council**

Yasuko Sakamoto (213) 473-3035

### **Eastside Child Abuse Prevention Council**

Elvia Torres (626) 442-1400

### **End Abuse Long Beach**

Paula Cohen (562) 435-3501 x3842

Helene Handler (562) 497-3372

### **Family, Children, Community Advisory Council**

Sandra Guine (213) 639-6443

### **Foothill Child Abuse and Family Violence Council**

Sarah Jin (626) 795-6907

### **GLBT Child Abuse Prevention Council**

Mark Abelsson (818) 239-0112 x121

### **San Fernando, Santa Clarita Valley Child Abuse Council**

Rita Baer (818) 772-9981

Cyndee Bellamy (818) 772-9981

### **San Gabriel Valley Family Violence Council**

Paula Jeppson (626) 967-7153

Lydia Sandoval (626) 966-1755

### **Service Planning Area 7 Child Abuse Council**

Georganne Bruce (562) 904-9590

### **Westside Child Trauma Council**

Michelle Harriman (310) 829-8576

### **YES2KIDS - Antelope Valley Child Abuse Prevention Council**

Bob Broyles (661) 538-1846

### **Inter-Agency Council on Child Abuse and Neglect**

Cathy Walsh (626) 455-4585

### **Child Abuse Councils. Coordination Project**

Monika McCoy, Ph.D. (818) 790-9448