

APRIL 17, 2024

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month. There are many steps that you can take to protect children in your life from experiencing child abuse. According to the Center for Disease Control and Prevention (CDC), child abuse and neglect are complex problems rooted in unhealthy relationships and environments.

Here are 10 ways to help prevent child abuse from Prevent Child Abuse America:

1. Be a nurturing parent. Children need to know that they are special, loved, and capable of following their dreams.
2. Help a friend, neighbor, or relative. Being a parent isn't easy.
3. Help yourself. Life can be challenging, learn strategies to help yourself out of those situations. Don't take it out on your kid.
4. If your baby cries, learn what to do if your baby won't stop crying. NEVER shake a baby—shaking a child may result in severe injury or death.
5. Get involved. Ask your community leaders to develop services to meet the needs of healthy children and families.
6. Help to develop parenting resources at your local library.
7. Promote programs in school.
8. Monitor your child's television, video, and internet viewing/usage.
9. Volunteer at a local child abuse prevention program.
10. Report suspected abuse or neglect. If you have reason to believe a child has been or may be harmed, call children and family services or the local police department.

To learn more about child abuse and neglect visit:

www.cdc.gov/violenceprevention/childabuseandneglect

We all want our children to be safe and grow up to be physically and emotionally healthy. An easy step you can take to make sure your child is safe is to make sure they are in a properly fitted car seat. The Morgan County Health Department has Nationally Certified Child Passenger Safety Technicians that can check and make sure your child is in the correct car seat and that your car seat is properly installed. MCHD also has free car seats available to those who qualify. Call our office and ask to speak with a car seat tech (740) 962-4572.