

March 23, 2020

Dear Pastors & Church Leaders:

As I type this note, we are in the middle of a pandemic. But I still wish for you to have this Resource Packet for April's National Child Abuse Prevention Month and for the April 26th Blue Sunday National Day of Prayer for Abused Children. Originally, I hoped to visit with most as I delivered packets personally. Now everyone is receiving this information as an electronic pdf file. Our faithful BBE colleagues, QuatriniRafferty, Attorneys at Law, originally offered to photocopy these materials for all BBE congregations. *If you are in need of hard copies and we are allowed to be out and about by mid-April, let me know. I then will go to their main office for copies and mail/deliver to you.*

All enclosed materials are NEW – none is repetitive from last year. I also have included some information about helping children through this pandemic.

With gratitude,
Mary Ann Hvizdos

PS: I will assess with the BBE Advisory Group whether for 2020 we recognize educators at least in a small way as part of Back-to-School. I think it better not to approach our business donors for the present and near future.

Resource Packet Contents in this Order

1. **Prayer – You Alone Are My Safe Place (adapted from Psalm 91)**
2. **Information from Two National Organizations about Child Abuse Incidence & Prevention during a National Disaster (1 page)**
3. Suggested Bulletin Announcements (1 page)
4. 26th Annual Blue Sunday – A Day of Prayer for Abused Children (1 page)
5. 8" x 10" royal blue flyers (2 different photos)
6. Preventing Child Neglect – Position Statement (3 pages)
7. American Society for the Positive Care of Children – Types of Child Neglect (2 pages)
8. American Society for the Positive Care of Children – Types of Child Abuse (2 pages)
9. American Academy of Pediatrics – What's the Best Way to Discipline My Child (2 pages)
10. Tip Sheets (2 pages)
 - a. I'm a really good parent, but sometimes...
 - b. Looking out for kids
11. A Prayer for Healing Victims of Abuse (2 pages, second page prayer in Spanish)

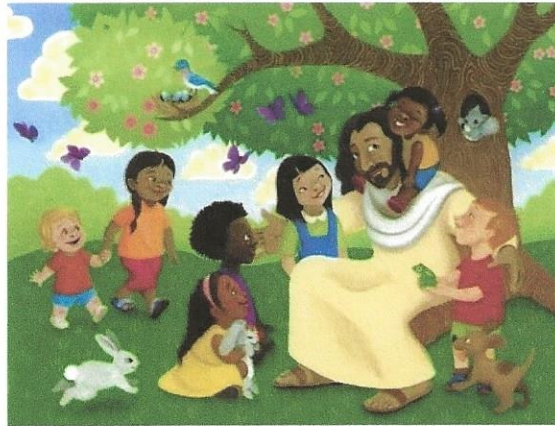


BLESSED BE EDUCATORS

To provide educators with spiritual support & recognition by sponsoring faith-based programs



You Alone Are My Safe Place (adapted from Psalm 91)



**Lord, Most High,
You are my shelter
And I rest in your shadow.**

**You alone are my safe place.
I trust in you my God**

**You will rescue me
From every trap
And protect me from disease.**

**You will cover me with feathers
And shelter me with your wings.**

**Your faithful promises
Are my armor and protection.**

**I am not afraid of the night
Or the dangers that come by day.**

**I am not afraid of the dark
Or disaster that strikes in the light**

**No evil will touch me
No evil will conquer me
Because God is my refuge.**

**No plague will come near my home
Because the Lord Most High is my shelter.**

**He sends his angels
To protect me wherever I go.**

**The Lord says,
“I will rescue those who love me.
I will protect those who trust in my name.”**

**When I call, he answers.
He is with me in trouble.**

**He will rescue me
He will save me.**

<https://www.learnreligions.com/prayers-of-protection-701301>

*Until we can worship or visit together again,
may God hold you in the palm of His Hand*

Mary Ann Hvizdos

Information about Helping Children & Youth during the Coronavirus Outbreak

National Child Traumatic Stress Network

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

Go to this link for entire article. Presented here is information for helping children cope.

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

HELPING CHILDREN COPE: Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond.

AGE GROUP REACTIONS - HOW TO HELP PRESCHOOL: Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors. **How to respond:** Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines. Avoid media exposure.

AGE GROUP REACTIONS – HOW TO HELP SCHOOL AGE CHILDREN: Irritability, whining, aggressive behavior Clinging, nightmares Sleep/appetite disturbance Physical symptoms (headaches, stomachaches Withdrawal from peers, loss of interest Competition for parents' attention Forgetfulness about chores and new information learned at school. **How to respond:** Patience, tolerance, and reassurance Play sessions and staying in touch with friends through telephone and Internet Regular exercise and stretching Engage in educational activities (workbooks, educational games) Participate in structured household chores Set gentle but firm limits Discuss the current outbreak and encourage questions. Include what is being done in the family and community Encourage expression through play and conversation Help family create ideas for enhancing health promotion behaviors and maintaining family routines Limit media exposure, talking about what they have seen/heard including at school Address any stigma or discrimination occurring and clarify misinformation.

AGE GROUP REACTIONS – HOW TO HELP ADOLESCENTS: Physical symptoms (headaches, rashes, etc.) Sleep/appetite disturbance Agitation or decrease in energy, apathy Ignoring health promotion behaviors Isolating from peers and loved ones Concerns about stigma and injustices Avoiding/cutting school. **How to respond:** Patience, tolerance, and reassurance Encourage continuation of routines Encourage discussion of outbreak experience with peers, family (but do not force) Stay in touch with friends through telephone, Internet, video games Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors Limit media exposure, talking about what they have seen/heard including at school Discuss and address stigma, prejudice and potential injustices occurring during outbreak.

Provided compliments of Blessed Be Educators

Information from Two National Organizations about Child Abuse Incidence & Prevention during a National Disaster

1. Prevent Child Abuse America <https://preventchildabuse.org>

- a. Dr. Melissa Merrick, President & CEO of Prevent Child Abuse America issued a video statement about the risks of increased abuse and neglect during the Covid 19 pandemic. Link:
<https://mailchi.mp/b1d32179b2c5/a-special-message-from-prevent-child-abuse-america?e=ca9f83e403>
- b. Prevent Child Abuse America assembled a *Coronavirus Resources & Tips for Parents, Children & Others*. Content appears to be very good and links provided for many other resources is extensive. Link:
<https://preventchildabuse.org>

2. Darkness to Light (Mission: Darkness to Light is a nonprofit committed to empowering adults to prevent child sexual abuse) <https://www.d2l.org>

- a. Taking Protective Steps during the Corona Virus Pandemic. Written March 16, 2020 provides tips/suggestions to help children in general and worthy suggestions for parents who are in a bind for babysitters; ways to protect children when the person is not the typical sitter. Link:
<https://www.d2l.org/protective-steps/>

Provided compliments of Blessed Be Educators

Suggested Bulletin Announcements
Prepared by Mary Ann Hvizdos

In Advance of April 26, 2020

April is National Child Abuse Prevention Month. We came together in solidarity these past several weeks to “flatten the curve.” Let us continue to come together to help “flatten the curve” of child abuse. Many on social media expressed concern for children who were off school due to this pandemic. Do they have enough food? Are their parents frustrated? Are they being cared for adequately? We should pray always for victims of abuse. For the past 26 years, the last Sunday of April has been designated National Blue Sunday Day of Prayer for Abused Children. (*Your church name*), together with the local faith-based organization, Blessed Be Educators, will participate in this Day of Prayer on April 26th. We will offer prayers for children who are abused and for those who provide protection, care and solace. We also will have resources available. For additional information and resources, please visit <https://www.childwelfare.gov/topics/preventing/preventionmonth/> or www.bluesunday.org/

For Your April 26th Bulletin

Sunday, April 26, 2020 is Blue Sunday National Day of Prayer for Abused Children. For the past 26 years, the last Sunday of April has been designated National Blue Sunday Day of Prayer for Abused Children. (*Your church name*), together with the local faith-based organization, Blessed Be Educators, is participating in today’s Day of Prayer. We will offer prayers for children who are abused and for those who provide protection, care and solace. As we came together in solidarity to “flatten the curve” during this pandemic, let us continue to come together to “flatten the curve” of child abuse. We have resources available for your use. For additional information and resources, visit <https://www.childwelfare.gov/topics/preventing/preventionmonth/> or www.bluesunday.org/;



26th Annual Blue Sunday - A Day of Prayer for Abused Children

April is Child Abuse Prevention Month, and to remember the millions of children who are victims of abuse/neglect, Blue Sunday Child Abuse Prevention is asking the faith community to pray on Sunday, April 26, 2020

Who: The faith community

What: A day to pray for the millions of victims of child abuse and for those who rescue them.

Where: Churches across our nation

When: Sunday, April 26, 2020

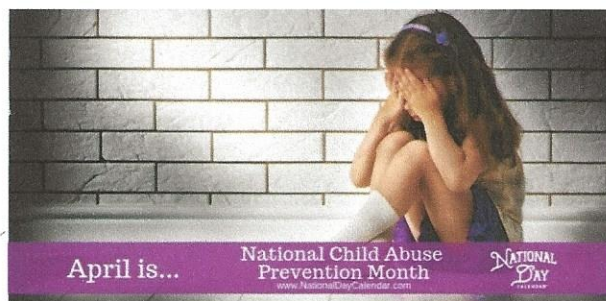
Why: April is Child Abuse Prevention Month. It began when a report about abused and neglected children caught the attention of President Ronald Reagan in 1983. Sadly, since that first Child Abuse Prevention Month, the number of abused victims has grown from half a million children to over six million new reports of abuse along with 1600 child abuse related deaths annually.

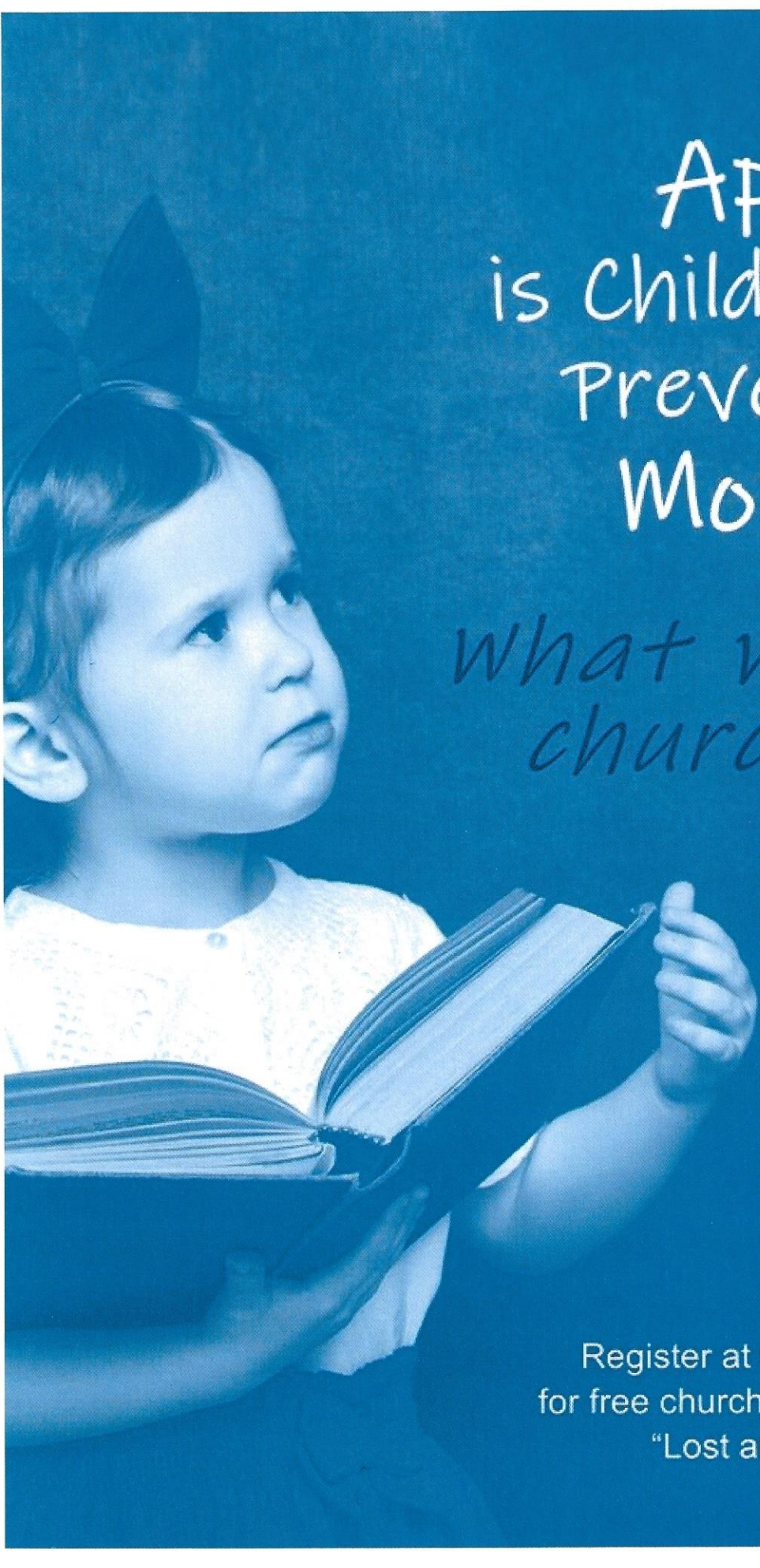
One is too many. Faith Community we must face the facts:

- One in four girls and one in six boys will be sexually abused before their 18th birthday.
- Most child abuse incidents are drug and alcohol related.
- Within one year of aging out of the foster care system, 66% of victims will be homeless, in jail or dead.
- There are over 100,000 children waiting for adoption in the United States.
- How to pray for abused children on Blue Sunday:
 1. Pray they will be rescued
 2. Pray they are placed with caring people
 3. Pray their minds and bodies can heal
 4. Pray they find hope
 5. Pray for those who rescue them

Let's pray, educate ourselves, and volunteer until black and blue are just colors in a child's crayon box.

Handout prepared by Blue Sunday Child Abuse Prevention Initiative, a faith-based 501c3 nonprofit organization dedicated to helping communities reach out to abused children and to support those who rescue them. Blue Sunday is a faith based 501c3 nonprofit organization. Provided compliments of Blessed Be Educators






April is Child Abuse Prevention Month

*What will your
church do?*

Blue Sunday
Day of Prayer
for Abused
Children
April 26th

Register at www.bluesunday.org
for free church materials including the
"Lost and Found" video



April is Child Abuse Prevention Month

What will your church do?

Blue Sunday
Day of Prayer
for Abused
Children

April 26th

Register at www.bluesunday.org
for free church materials including the
“Lost and Found” video.

Child neglect is the most common form of maltreatment and, although pervasive and sometimes life threatening, is often difficult to identify. As a society, we have a collective responsibility to prevent children from experiencing neglect. To accomplish this, we must initiate and support services and policies that enhance children's development, health and safety and we must advocate for policies and programs to help meet the basic needs of children and families. We must also promote research, training, and public education to strengthen protective factors that buffer the risk factors (eg, depression) for neglect, while also directly addressing those risk factors.

Prevent Child Abuse America advocates for:

- **Increasing services to families such as home visiting, early childhood education, and parent education.**

Child neglect often occurs when parents are overwhelmed with an array of stressors, including the difficulties of coping with poverty and its many associated burdens, single parenthood, limited parenting skills, depression, substance abuse, interpersonal violence, as well as the daily stressors most parents face.¹ Services such as home visiting, early childhood education, and parent education provide emotional support, knowledge, and guidance on how to provide a nurturing environment for children. In addition, ensuring that all children have a quality education will help ensure this important need is met. Other services can assist potential parents in considering their readiness for a family, the number of children they wish to have, and appropriate spacing between births. These services can also help parents effectively care for the children they already have. In sum, services that strengthen families and support parents should in turn enhance children's development, health and safety, and help prevent child neglect.

- **Providing mental health services to parents and neglected children and youth.**
Many neglected children have parents who are emotionally unstable or depressed.² Mental health services can assist such parents to become emotionally healthier and better able to adequately care for their children. In addition, children often face adverse and potentially long-term psychological consequences due to neglect. Mental health services, especially at an early point, can help mitigate these consequences and can help ensure that neglect is not transmitted to the next generation.

- **Ensuring access for all children to affordable, quality health care, including prenatal, dental, and mental health services.**
Access to health care is critical to child and family well-being and helps protect against neglect. Without health insurance, families are less likely to seek timely and preventive health care. When they do, the cost of that care contributes to a family's economic insecurity. Both of these are risk factors for neglect. In addition, children's health care providers are a valuable source of support and advice for parents as they raise their children. They inform parents about community resources such as home visiting programs and parent support groups that can help prevent child abuse before it happens and provide information about child development and strategies for dealing with a variety of parenting challenges.

- **Increasing efforts to address social problems such as poverty, substance abuse, and family violence which contribute to neglect.**

Neglect is often intertwined with social problems, such as poverty, substance abuse, and family violence. It is crucial that greater resources be allocated to reduce these major problems that contribute to neglect. Such efforts must include the prevention of child neglect as an explicit goal.

- **Increasing public awareness efforts to educate the public about child neglect, its**

seriousness, and how they can help prevent it, as well as foster a shared sense of societal responsibility.

Raising public awareness of the serious and pervasive nature of child neglect is essential in order for real change to occur. Children interact with an array of people in their community who play a vital role in their development. We need to recognize this and mobilize significant financial and human resources to address the problem. A public that appreciates the serious and pervasive nature of child neglect should be a crucial ally for necessary changes. They can help advocate for and support the policies and programs needed to enhance children's development, health and safety, and help prevent their neglect.

• **Increasing research efforts to improve our understanding of child neglect abuse—its nature, extent, causes, and consequences, as well as what helps prevent and address it.**

Our current understanding of child neglect is limited. A better understanding is essential to guide policymakers and practitioners to develop policies and programs to tackle neglect. A variety of programs have been developed aiming to optimize children's development, health and safety. Careful evaluation is needed to learn what works, and to replicate effective programs. It is also likely that new policies and programs addressing child neglect need to be developed and evaluated.

Background

Definition of Child Neglect

Child neglect occurs when children's basic needs are not adequately met, resulting in actual or potential harm. Basic needs or rights include adequate food, clothing, education, health care, nurturing and emotional support, and housing. Unlike physical or sexual abuse, that are often identified by specific, discrete acts, neglect is usually an ongoing pattern of a child's needs not been adequately met.^{3,4} There are different types of neglect:

- **Physical neglect:** A child's need for adequate food, clothing, supervision, housing, or protection from the environment is not adequately met.
- **Emotional Neglect:** A child does not receive adequate emotional support, care, or affection.
- **Medical Neglect:** A child does not receive adequate medical, mental or dental health care.
- **Educational neglect:** A school age child does not receive appropriate educational services, including special educational services if needed. Home schooling should not be viewed as educational neglect.

Scope of Child Neglect

Neglect is by far the most common form of child maltreatment, accounting for approximately two-thirds of reports to child protective services. In addition, neglect contributes to about three-quarters of deaths due to child maltreatment. In 2008 approximately 539,322 children (71 percent of all substantiated cases of child maltreatment) were officially counted as victims of child neglect, making it the most prevalent form of child maltreatment.⁵ Moreover, *child neglect is the leading cause of child abuse and neglect (CA/N) fatalities.* In 2008, child neglect alone was responsible for 429 fatalities (31.9 percent of all CA/N fatalities)⁶

Nature of Child Neglect

There is no single cause of neglect. Instead, there are usually multiple and interacting contributors - at the levels of the child, parent, family, community and society. Examples of contributors include a child with a disability, a parent struggling with depression or substance abuse, intimate partner violence, a father who is not involved in their child's life, a lack of community supports (eg, affordable child care), the burdens associated with poverty, and inadequate policies to support families and parents.^{7 8} These characteristics greatly contribute to the intractability of the problem. Combinations of such problems may impair a parent's ability to ensure his or her child's needs are adequately met.

Consequences of Child Neglect

The impact of neglect can be very serious – in both the short- and the long-term, perhaps life long. Neglect can harm children's physical and mental health as well as their social and cognitive development. Physical problems include health complications, injuries and ingestions, and sometimes death.⁹ There are many possible mental health consequences include poor self esteem, depression, and substance abuse.¹⁰ Cognitively, neglected children may have difficulty learning and poor academic achievement.¹¹ The social impact is also clear with neglected children at risk for juvenile delinquency and adult criminal behavior.¹²

It is clear that the consequences of neglect extend far beyond the affected children and families. Enormous societal costs are involved. Prevent Child Abuse America estimated the economic impact of child abuse and neglect at \$104 billion in 2007; and this was likely a conservative estimate. Thus, in addition to the compelling human argument to help optimize children's development, health and safety, there is also a financial impetus to help prevent the neglect of children. The aphorism that "our children are our nation's most valuable resource" should be more than a slogan. Finally, at the heart of child neglect is a concern with their basic rights, their human rights.

The costs associated with the pervasive and long-lasting effects of child abuse and neglect are as undeniable as our obligation to prevent – not just respond to – this problem. In 2007, \$33 billion in direct costs for foster care services, hospitalization, mental health treatment, and law enforcement were supplemented by over \$70 billion in indirect costs like loss of individual productivity, chronic health problems, special education, and delinquent and criminal justice services.¹³

For more information contact Prevent Child Abuse America at 312-663-3520 or at mailbox@preventchildabuse.org.

Endnotes

¹ DePanfilis, Diane (2006). *Child Neglect: A Guide for Prevention, Assessment and Intervention*. Washington, DC: U.S. Department of Health and Human Services, Administration of Children and Families.

² Ibid.

³ Drotar, D. (1992). "Prevention of neglect and nonorganic failure to thrive". In D. J. Willis, E. W. Holden and M. Rosenberg (Eds), *Prevention of Child Maltreatment: Developmental and Ecological Perspectives*. New York: John Wiley & Sons.

⁴ U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. (2010). *Child Maltreatment 2008*. Available from <http://www.acf.hhs.gov/programs/cb/pubs/cm08/cm08.pdf>.

⁵ Ibid.

⁶ Ibid.

⁷ Goldman, J., Salus, M. K., Wolcott, D., Kennedy, K. Y. (2003). *A Coordinated Response to Child Abuse and Neglect: The Foundation for Practice*. Washington, DC. U.S. Department of Health and Human Services, Office on Child Abuse and Neglect. Available from <http://www.childwelfare.gov/pubs/usermanuals/foundation/foundation.pdf>.

⁸ DePanfilis, Diane (2006). *Child Neglect: A Guide for Prevention, Assessment and Intervention*. Washington, DC: U.S. Department of Health and Human Services, Administration of Children and Families.

⁹ Ibid.

¹⁰ Ibid.



Types of Child Neglect from the American Society for the Positive Care of Children

General Neglect

General neglect means the negligent failure of a parent or caretaker to provide adequate food, clothing, shelter, medical care, or supervision where no physical injury to the child has occurred.

An example of inadequate supervision is when parents leave their children unsupervised during the hours when the children are out of school. These parents are often unable to arrange childcare services to meet their needs. Although these parents may not regard themselves as “neglecting their children,” leaving young children without supervision may constitute general neglect. Children left in these circumstances may also be particularly vulnerable to accidents, injuries, or crime. Because these parents don’t perceive any wrongdoing, this is a complicated area that is subject to controversy regarding the age when children should be left alone, societal and community responsibilities to provide resources, and governmental requirements.

Physical Neglect

General neglect means the negligent failure of a parent or caretaker to provide adequate food, clothing, shelter, medical care, or supervision where no physical injury to the child has occurred.

An example of inadequate supervision is when parents leave their children unsupervised during the hours when the children are out of school. These parents are often unable to arrange childcare services to meet their needs. Although these parents may not regard themselves as “neglecting their children,” leaving young children without supervision may constitute general neglect. Children left in these circumstances may also be particularly vulnerable to accidents, injuries, or crime. Because these parents don’t perceive any wrongdoing, this is a complicated area that is subject to controversy regarding the age when children should be left alone, societal and community responsibilities to provide resources, and governmental requirements.

Severe Neglect

Severe neglect means the negligent failure of a parent or caretaker to protect the child from severe malnutrition or medically diagnosed non-organic failure to thrive. It includes those situations of neglect where the parent or caretaker willfully causes or permits the person or health of the child to be placed in a situation such that his or her person or health is endangered. This includes the intentional failure to provide adequate food, clothing, shelter, or medical care.

Psycho-Social Failure to Thrive

Infants or young children who are much smaller than would be expected at a particular age can present a difficult diagnostic problem for physicians. After excluding those infants who are small because they were small at birth, there remains a large group of infants with consistently low weights and perhaps short lengths and small head circumferences. Some of these children are small because of a failure to meet their nutritional needs and/or failure to meet their emotional needs. These children may also demonstrate delayed development and abnormal behavior. Some of the small children, however, do have hidden medical problems. Hospitalization may be required to screen for significant medical illness and, more importantly, to see if the child responds to adequate nutrition and a nurturing environment with a rapid weight gain and more appropriate behavior. Evaluation is more than weighting and measuring a baby. Children who suffer neglect may also receive sporadic disconnected medical care and are likely only to be examined in emergency rooms. They may have no ongoing measurement of development except as noted by caretakers.

Growth charts compare the child to other children noting percentile size in head, body length and weight. Feeding failure for whatever reason will generally damage weight first, length second and head circumference third, so it may be helpful to observe the caretaker’s feeding habits. In fact, the best environment to observe this is in the home. Pediatric expertise is vital to assess such changes, and growth charts should be kept on all infants and toddlers who may be suffering neglect.

**Indicators of Neglect from the American
Society for the Positive Care of Children**

NEGLECT MAY BE SUSPECTED IF ANY OF THE FOLLOWING CONDITIONS EXIST:

- The child is lacking adequate medical or dental care.
- The child is often sleepy or hungry.
- The child is often dirty, demonstrates poor personal hygiene, or is inadequately dressed for weather conditions.
- The child is depressed, withdrawn or apathetic; exhibits antisocial or destructive behavior, shows exaggerated fearfulness; or suffers from substance abuse, or speech, eating, or habit disorders (biting, rocking, whining).
- There is evidence of poor supervision (repeated falls down stairs; repeated ingestion of harmful substances; a child cared for by another child); the child is left alone in the home, or unsupervised under any circumstances (left in car, street).
- The conditions in the home are unsanitary (garbage, animal, or human excrement); the home lacks heating or plumbing; there are fire hazards or other unsafe home conditions; the sleeping arrangements are cold, dirty, or otherwise inadequate.
- The nutritional quality of food in the home is poor; meals are not prepared; refrigerator or cupboards contain spoiled food.

<https://americanspcc.org/neglect/>

Provided compliments of Blessed Be Educators



Types of Child Abuse from the American Society for the Positive Care of Children

Physical Abuse

Physical abuse is any non-accidental act that results in physical injury. Inflicted physical injury most often represents unreasonably severe corporal punishment or unjustifiable punishment. This usually happens when a person is frustrated or angry and strikes, shakes, or throws the child. Intentional, deliberate assault, such as burning, biting, cutting, poking, twisting limbs, or otherwise torturing a child, is also included in this category of child abuse.

Go to <https://americanspcc.org/physical-child-abuse/> for comprehensive explanation of indicators

Emotional Abuse

Just as physical injuries can scar and incapacitate a child, emotional maltreatment can cripple and handicap a child emotionally, behaviorally and intellectually. Self-esteem can be damaged. Severe psychological disorders have been traced to excessively distorted parental attitudes and actions. One of the hallmarks of emotional abuse is the absence of positive interaction (e.g. praising) from parent to their child. Emotional and behavioral problems may be present, in varying degrees, following chronic and severe emotional child abuse, especially when there is little or no nurturing.

This is especially true for neonates, infants, and toddlers. These children may become chronically withdrawn and anxious and lose basic social and language skills necessary for intimate relationships. They may become developmentally delayed, socially limited, and, in some cases, antisocial or chronically unable to protect themselves from others.

Emotional abuse and neglect are also components of other abuse and neglect. Sexual abuse and physical abuse may be the official category for a report but emotional damage also exists. Emotional abuse/neglect may damage children of all ages but may be critical with infants and toddlers leaving them with permanent developmental deficits.

[Verbal abuse is] Verbal assault (belittling, screaming, threats, blaming, sarcasm), unpredictable responses, continual negative moods, constant family discord, and chronically communicating conflicting messages are examples of ways parents may subject their children to emotional abuse.

Go to <https://americanspcc.org/emotional-child-abuse/> for comprehensive explanation of indicators

Sexual Abuse

Sexual child abuse is a type of maltreatment, violation, and exploitation that refers to the involvement of the child in sexual activity to provide sexual gratification or financial benefit to the perpetrator. It includes contact for sexual purposes, molestation, statutory rape, prostitution, pornography, exposure, incest, or other sexually exploitative activities.

What happens to kids during childhood shapes who they become as adults. Children living through abuse and violence, unnecessarily suffer the ill effects of this trauma for the rest of their lives.

Go to <https://americanspcc.org/child-sexual-abuse/> for updated statistics.

Adverse Childhood Experiences (ACE)

Children living through abuse, violence and other traumatic events unnecessarily suffer the ill effects for the rest of their lives. These life-altering events are called Adverse Childhood Experiences (ACEs).

Positive parenting and protecting our children from harm prevents the harmful effects of ACEs. Children who are nurtured and supported throughout childhood are more likely to thrive and develop into happy, healthy, and productive adults.

The following are considered Adverse Childhood Experiences:

Physical abuse; emotional abuse; sexual abuse; emotional neglect; domestic violence; parental substance abuse; household mental illness; Parental separation or divorce; suicide or death; crime or imprisoned family member.

Shaken Baby Syndrome

Shaken Baby Syndrome (SBS) is preventable. It is a severe form of physical child abuse resulting from violent shaking of an infant by the shoulders, arms, or legs. SBS may result from both shaking alone or from shaking with impact.

Babies, newborn to one year (especially babies ages 2 to 4 months), are at greatest risk of injury from shaking. Shaking them violently can trigger a “whiplash” effect that can lead to internal injuries—including bleeding in the brain or in the eyes. Often there are no obvious external physical signs, such as bruising or bleeding, to indicate an injury.

The **number one reason** a child is shaken is because **a parent or caregiver becomes so frustrated with a baby’s crying that they lose control and begin to shake them**. They are usually average people, who in the heat of their frustration and anger lose control, and shake their child. Most people charged with shaking their baby have no previous history of violence, and the act is unintended.

Immediate symptoms of Shaken Baby Syndrome (SBS) include tiredness, not eating, no smiling, talking or laughing, difficulty swallowing, sucking or breathing, vomiting, difficulty staying awake, or the baby is very stiff or limp like a rag doll. Shaking can cause brain injury, cerebral palsy, blindness, hearing loss, learning and behavior problems, seizures, paralysis, and death.

It is estimated that 1,000-3,000 children in the United States suffer from Shaken Baby Syndrome (SBS) each year. One fourth of victims of SBS die, and 80 percent of survivors suffer from permanent damage. Approximately 20/100,000 children sustain Abusive Head Trauma annually.

Go to <https://americanspcc.org/never-shake-a-baby-shaken-baby-syndrome/> for additional important information about this preventable form of abuse

Childhood & Domestic Violence

The term domestic violence is often referred to as domestic abuse, battering, or family violence, and more recently as intimate partner violence (IPV).

IPV is defined by the [Justice Department](#), domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person, having devastating effects upon children and families. The term domestic violence is often referred to as domestic abuse, battering, or family violence, and more recently as intimate partner violence (IPV). IPV is defined by the [Justice Department](#), domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person, having devastating effects upon children and families.

Children react to exposure to violence in different ways, and many children show remarkable resilience. All too often, however, children who are exposed to violence undergo lasting physical, mental, and emotional harm. They suffer from difficulties with attachment, regressive behavior, anxiety and depression, and aggression and conduct problems.¹

They may be more prone to dating violence, delinquency, further victimization, and involvement with the child welfare and juvenile justice systems. Moreover, being exposed to violence may impair a child’s capacity for partnering and parenting later in life, continuing the cycle of violence into the next generation

Go to <https://americanspcc.org/domestic-violence/> for types of domestic violence and updated statistics

What's the Best Way to Discipline My Child?
Provided by the American Academy of Pediatrics
AAP.org

This handout is compliments of Blessed Be Educators whose purpose is to uplift teaching as a Christian Ministry. To learn more visit our Facebook page or www.baidos.net or message Mary Ann Hvizdos mahvizdos@verizon.net

As a parent, one of your jobs is to teach your child to behave. It's a job that takes time and patience. But, it helps to learn the effective and healthy discipline strategies. Here are some tips from the **American Academy of Pediatrics** (AAP) on the best ways to help your child learn acceptable behavior as they grow.

Healthy Discipline Strategies That Work. The AAP recommends positive discipline strategies that effectively teach children to manage their behavior and keep them from harm while promoting healthy development. These include:

1. Show and tell. Teach children right from wrong with calm words and actions. Model behaviors you would like to see in your children.

2. Set limits. Have clear and consistent rules your children can follow. Be sure to explain these rules in age-appropriate terms they can understand.

3. Give consequences. Calmly and firmly explain the consequences if they don't behave. For example, tell her that if she does not pick up her toys, you will put them away for the rest of the day. Be prepared to follow through right away. Don't give in by giving them back after a few minutes. But remember, never take away something your child truly needs, such as a meal.

4. Hear them out. Listening is important. Let your child finish the story before helping solve the problem. Watch for times when misbehavior has a pattern, like if your child is feeling jealous. Talk with your child about this rather than just giving consequences.

5. Give them your attention. The most powerful tool for effective discipline is attention—to reinforce good behaviors and discourage others. Remember, all children want their parent's attention.


6. Catch them being good. Children need to know when they do something bad—and when they do something good. Notice good behavior and point it out, praising success and good tries. Be specific (for example, "Wow, you did a good job putting that toy away!").

7. Know when not to respond. As long as your child isn't doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it. Ignoring bad behavior can also teach children natural consequences of their actions. For example, if your child keeps dropping her cookies on purpose, she will soon have no more cookies left to eat. If she throws and breaks her toy, she will not be able to play with it. It will not be long before she learns not to drop her cookies and to play carefully with her toys.

8. Be prepared for trouble. Plan ahead for situations when your child might have trouble behaving. Prepare them for upcoming activities and how you want them to behave.

9. Redirect bad behavior. Sometimes children misbehave because they are bored or don't know any better. Find something else for your child to do.

10. Call a time-out. A time-out can be especially useful when a specific rule is broken. This discipline tool works best by warning children they will get a time out if they don't stop, reminding them what they did wrong in as few words—and with as little emotion—as possible, and removing them from the situation for a pre-set length of time (1 minute per year of age is a good rule of thumb). With children who are at least 3 years old, you can try letting their children lead their own time-out instead of setting a timer. You can just say, *"Go to time out and come back when you feel ready and in control."* This strategy, which can help the child learn and practice self-management skills, also works well for older children and teens.



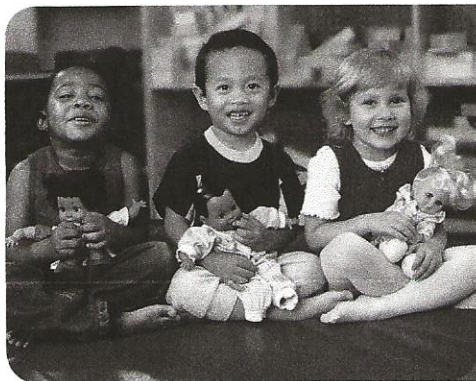
I'm a really
good parent,
but sometimes...

**...my kids drive me crazy. I feel lonely, trapped and depressed.
I need someone to listen to me. I lose control and hit or scream at my child.**

**If you feel you may lose your
temper and hurt your child:**

- Make sure your child is safe:
 - In his crib
 - In her time-out chair (one minute for each year of age)
- ...and *you* go to another room where you can cool down.
- Change the activity that you and your child are doing. Take your child outside for a walk, read a book or play a game together.
- Think about how your child will feel if you say what you are about to say. Will it help or hurt the situation?
- Take several deep breaths and count to 20 before you say or do anything else.
- **NEVER** shake a baby. If the crying is getting on your last nerve, it's OKAY to place your baby face up in the crib and walk away for 5 to 10 minutes. Find someone to talk to. Calm down.

Then check on your baby.



Is it your child or are you really stressed
about something else?

Whatever the reason, keep your child safe.

Disciplining a child by hitting doesn't
work and teaches them to be violent.

Stop yourself before you hurt your child.

Speak up for all Kids!

- If you suspect a child is being abused or neglected, make it your responsibility to report it.

Reporting or admitting abuse does not destroy a family. It gets family members the help they need and helps protect children from further harm. You could be saving a life.

**To make a report in
Pennsylvania, call ChildLine,
toll-free, 24 hours/day at
1-800-932-0313.**

- Reach out to stressed parents by offering to babysit and helping with household chores. Parents often just need to hear that they are doing a good job. You can help by being supportive and listening to their concerns.

**Call for help
1-800-4-A-CHILD
(1-800-422-4453)**

They will:

- Listen to you
- Answer your questions
- Offer advice and support
- Direct you to supportive services in your area

**We all want to do a good job of parenting.
Here are some ways to do that:**

- 1) Take care of yourself.** Get enough exercise and rest, eat right, and take time for yourself.
- 2) Talk with family and friends and share your concerns.** Connect with other parents and learn from them.
- 3) Talk to your child's doctor.** There may be a medical reason for your child's difficult behavior.
- 4) Talk to your doctor.** There may be a medical explanation for the way you are feeling such as postpartum depression. Follow through on recommended treatment.
- 5) Ask for help when you need it.** Have your partner, friend, neighbor or relative watch your child while you take a break. Make sure you choose a mature, responsible person to babysit.
- 6) Learn more about parenting.** Books, magazines and the internet are filled with information about raising children and can help you make sense of their behaviors. Go to **www.childhelp.org** for more information.



Looking out for kids

Preventing sexual abuse

We all have a role to play in keeping kids safe.

As a community, we have the power and strength to protect children from sexual abuse.

How will you make a difference?

- **Be aware of signs that someone may be exploiting children:** the person finds opportunities to be alone with a child, ignores child's cues that he or she doesn't want to be touched, gives gifts for no particular occasion, prefers to spend time with children rather than peers.
- **Begin talking to your child about personal space and privacy by age 3 and about sex before age 10:** Use proper names for body parts – penis, vagina, breasts – so the child can clearly communicate about any unsafe situations.
- **Educate your child about the key body safety messages they need to know:** private parts are private, they have a right to say "no" to any kind of touch, and secrets are not okay.
- **Whenever possible, choose group rather than one child/one adult situations.** If you enroll your child in private instruction, e.g. music lessons, tutoring, etc., approach the instructors confidently and tell them that you want to reduce risks of sexual abuse just as you know they do.
- **Ask the director of your child's youth program what policies they have in place to prevent sexual abuse.**
 - Do they routinely train their staff about sexual abuse prevention?
 - Do they use the latest interview and screening tools when selecting prospective employees and volunteers?
 - Do they have a Code of Conduct that details inappropriate behaviors and boundary violations?
- **Listen for cues** that might indicate your child needs to talk about confusing or inappropriate touching or unsafe situations e.g., "Why does she have to babysit me again?"

We are all bystanders who must react responsibly!

Key Facts

- Children rarely lie about being sexually abused.
- Abuse happens in all cultural, racial, and economic settings.
- 90% of cases involve a person the child trusts with 1/3 being family members.
- Females, children and teens can also abuse.
- An estimated 87% of sexual abuse cases are never reported to law enforcement.
- More information at www.EnoughAbuse.org and www.d2l.org

If a child discloses sexual abuse, remain calm and say:

**"I believe you.
It's not your fault.
You're brave to tell me."**

Step up to report the abuse.

In Pennsylvania, call ChildLine at
1-800-932-0313
toll-free, 24 hours/day.

Sexual abuse survivor information:
www.RAINN.org
www.MaleSurvivor.org

A PRAYER FOR HEALING VICTIMS OF ABUSE

God of endless love,
ever caring, ever strong,
always present, always just:
You gave your only Son
to save us by his blood on the cross.



Gentle Jesus, shepherd of peace,
join to your own suffering
the pain of all who have been hurt
in body, mind, and spirit
by those who betrayed the trust placed in them.



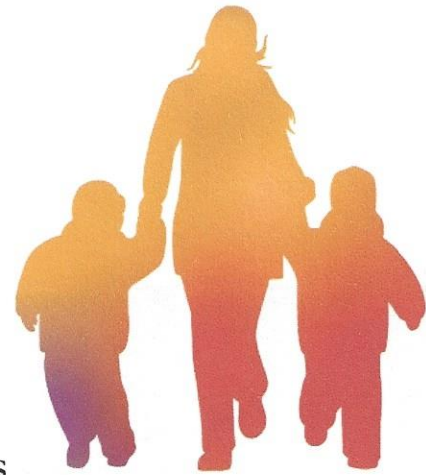
Hear the cries of our brothers and sisters
who have been gravely harmed,
and the cries of those who love them.
Soothe their restless hearts with hope,
steady their shaken spirits with faith.
Grant them justice for their cause,
enlightened by your truth.



Holy Spirit, comforter of hearts,
heal your people's wounds
and transform brokenness into wholeness.
Grant us the courage and wisdom,
humility and grace, to act with justice.
Breathe wisdom into our prayers and labors.
Grant that all harmed by abuse may find peace in justice.
We ask this through Christ, our Lord. Amen.

UNA ORACIÓN DE SANACIÓN VÍCTIMAS DE ABUSO

Dios del amor infinito,
Siempre presente, siempre justo;
Tú nos cuidas y nos proteges
Y nos diste a tu único Hijo
Para salvarnos con su sangre en la cruz.



Jesús manso, pastor de la paz,
Dígnate unir a tu propio sufrimiento
El dolor de todos los que han sido heridos
De cuerpo, mente y espíritu
Por parte de aquellos que traicionaron la confianza puesta en ellos.

Escucha el clamor de nuestros hermanos y hermanas
Que han sido lastimados gravemente,
Así como el clamor de aquellos que los aman.
Dales la esperanza que mitigue el desosiego de
sus corazones,
Dales la fe que calme sus espíritus perturbados.
Concédeles justicia para su causa,
Ilumínalos con tu verdad.



Espíritu Santo, consolador de corazones,
Cura las heridas de tus hijos e hijas
Y devuelve la integridad a lo que ha sido quebrantado.
Concédenos el valor y la sabiduría,
La humildad y la gracia, para actuar con justicia.
Sopla tu sabiduría en nuestras oraciones y empeños.
Que todos los que han sido heridos por el abuso
encuentren paz y justicia.
Te lo pedimos por Cristo, nuestro Señor. Amén.