



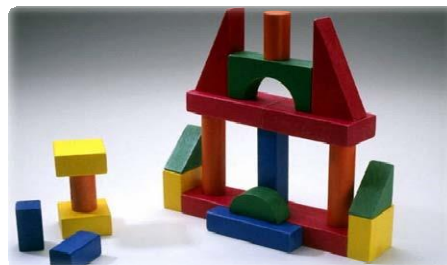
# YOU Can prevent child abuse



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

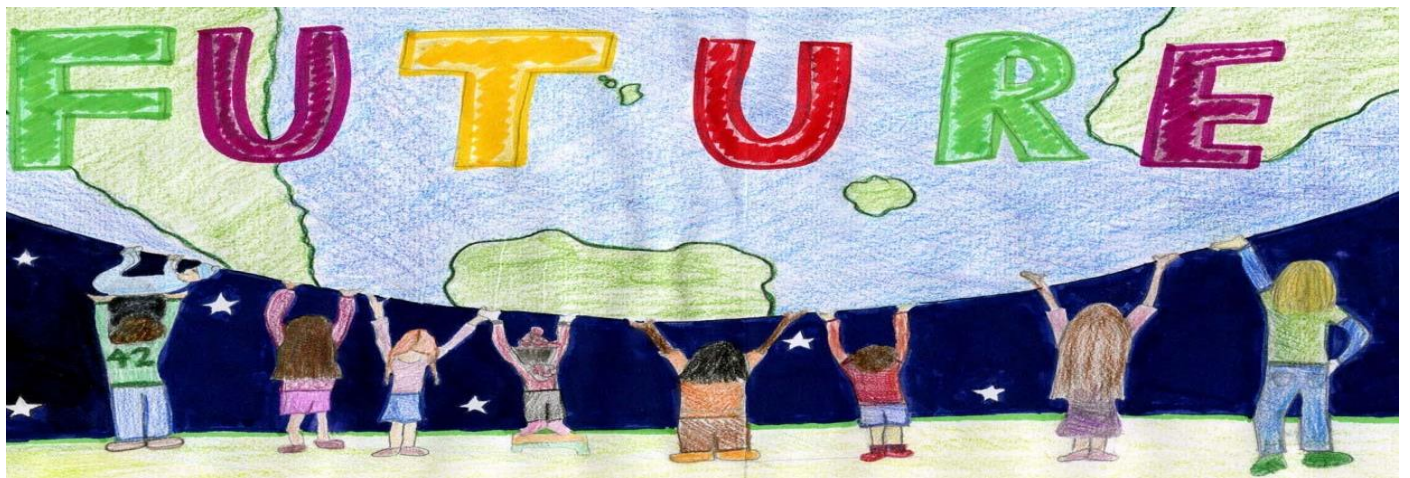
**Parental Resilience:** The ability to cope and bounce back from all types of challenges.

**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, Medicaid and informal supports from social networks.

**Children's Social and Emotional Development:** A child's ability to interact positively with others and communicate his or her emotions and needs effectively.



## LOS ANGELES COUNTY COMMUNITY CHILD ABUSE COUNCILS

For more information about the Councils visit [www.lachildabusecouncils.org](http://www.lachildabusecouncils.org)

Advocacy Council for Abused Deaf Children  
Asian and Pacific Islander Children, Youth and Family Council  
Eastside Child Abuse Prevention Council  
End Abuse Long Beach  
Family, Children, Community Advisory Council (African American Council)  
Foothill Child Abuse and Family Violence Prevention Council  
LGBT Child Abuse Prevention Council  
San Fernando and Santa Clarita Valley Child Abuse Prevention Council  
San Gabriel Valley Child Abuse Prevention Council  
Service Planning Area 7 Child Abuse Prevention Council  
Westside Domestic Violence Network  
YES 2 KIDS – Antelope Valley Child Abuse Prevention Council

