



## Reach out to a parent and stop abuse before it starts.

By offering your support to a parent, you can reduce the stress that often leads to abuse and neglect.

1. Be a friend to a parent you know. Ask about their children. Share your experiences to offer reassurance and support.
2. If a parent seems to be struggling, offer to baby-sit or run errands.
3. Talk to your neighbors about looking out for one another's children.
4. Give your used clothing, furniture and toys to a family.



### **Blue Ribbon Campaign**

For more information, call the KIDS Center  
at 383-5958 or visit [www.kidscenter.info](http://www.kidscenter.info)

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