

Speak up for children and report abuse

According to the Child Maltreatment Report (2022) Kentucky ranks 14th in the nation for child maltreatment. Child abuse is something everyone can play a part in preventing.

Most childhood bruises happen on bony spots like shins, knees, and elbows. A simple rule called TEN-4-FACESp shown below, reminds grown-ups to pay extra attention to children, especially when bruises show up in soft, protected places.

The TEN-4-FACESp graphic below is a simple guideline for bruising and a way to pay attention to children, keeping them safe. You are responsible for reporting any suspected abuse. Many children experience abuse and trauma that will go unrecognized unless grown-up pays attention *and* speaks up for them.



TEN-4-FACESp

REGIONS

"TEN"

Torso | Ears | Neck



"FACES"

Frenulum
Angle of Jaw
Cheeks (fleshy part)
Eyelids
Subconjunctivae

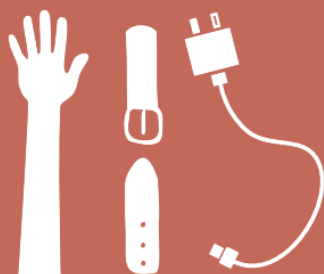
INFANTS

"4" = infants ages 4 months and younger



PATTERNS

"p" = patterned bruising



If you suspect a child is being abused, it is your responsibility to report it.

How to report a possible child abuse case:

To report a possible child abuse case in **Kentucky, you can call:**

- (877)5972331
- (800)752-6200

To report a possible child abuse case in **Indiana you can call:**

- 1-800-800-5556

Care who your caregiver is

Before leaving your child with a caregiver, consider the following questions to help make a safe decision for your child's well-being.

If you answer **yes** to any of these questions, please reconsider leaving your child with this person.



- Has this person ever been known to become physically violent or aggressive with you or anyone else?
- Does this person have a history of getting easily frustrated with anyone, including other adults, children, or pets?
- Do they misunderstand, become frustrated, or angry with normal childhood behaviors such as crying, toilet training accidents, or messy environments?
- Does this person think it is okay to shake, hit, throw, or otherwise harm a child?
- Have you seen this person handle your child or any other child roughly?
- Does this person become upset or jealous of the time and attention you give your child?

If you ever notice the following, your child could be a victim of abuse. **It is your duty to report a possible child abuse case and protect your child.**

- If your infant is 4 months of age or younger and you have noticed bruising/injury, anywhere, after being in the care of this person.
- If your child is 4 years of age or younger and you have noticed bruising/injury to your child's torso, ears, neck, angle of the jaw, cheeks, eyelids; bleeding on the white portions of the eye; or injuries inside your child's mouth after being in the care of this person.
- If you have noticed patterned bruises such as handprints, loop marks, or "U" shaped bruises on your child after being in the care of this person.



Learn more about child abuse prevention and support by scanning the **QR code** or visit **ChildHelp.org**

Co-regulation for Caregivers

What is Co-Regulation?

Co-regulation is the way your child navigates feelings and finds their sense of safety through their caregiver. It is a natural way that emotions pass between a caregiver and a child, creating a constant "give and take."

Why Your Well-Being Matters

Because your child "borrows" your nervous system to stay calm, managing your own stress is one of the most important things you can do for their health.

Relief in Stressful Moments

Pay attention to your body. It will give you a hint when you need to relieve emotional stress before it builds up. For example in stress you might notice your jaw or chest tightening, or your heart racing. Once you realize you are feeling stressed, it is time to find intentional relief and release. Stress relief is built into your body and can be accessed wherever you are. See below for ideas on how to trigger your own stress relief in the future.

Try one of these ideas for quick stress relief:



Take 5 full deep breaths

Taking slow, deep breaths signals to your brain you are safe. To do this start by inhaling through your nose and then exhaling slowly through your mouth.

10

Take a 10 second pause

Before you speak or react, stop and count slowly to ten to reset first.

If it is safe, step away

If your child is in a safe spot, step away into another room. Use that time to bring your emotions and energy down so you can help support your child next.



Stress relief is only a hand away

Pay attention to your body. It will give you a hint when you need to relieve emotional stress before it builds up. For example in stress you might notice your jaw or chest tightening, or your heart racing. Once you realize you are feeling stressed, it is time to find intentional relief and release.

Engaging senses helps bring stress down by distracting the mind with a focused and calming purpose.

Count Down Your Senses

Use five fingers to count down through these senses finders.



5

Find 5 things you can see with detail.

Ex: I can see my sweater. It is blue and is fuzzy.

4

Find 4 things you can feel.

Ex: I feel my sweater on my skin. It is soft and warm.

3

Find 3 sounds you can hear.

Ex. I can hear a few birds calls outside my window.

2

Find 2 things you can smell or enjoy smelling.

Ex: I love the smell of cookies baking.

1

What is 1 thing you've tasted today or enjoy tasting.

Ex: This morning I tasted my toothpaste. It was minty.

Stress relief is only a hand away

Pay attention to your body. It will give you a hint when you need to relieve emotional stress before it builds up. For example in stress you might notice your jaw or chest tightening, or your heart racing. Once you realize you are feeling stressed, it is time to find intentional relief and release.

Thinking of what you are grateful for lowers stress by shifting your focus from what is "wrong" to what is "right," which signals your brain to relax.

Counting Thanks

Use five fingers to count what you can be grateful for *right now*.

If you need help getting started see the questions below:



- 1** Is there someone you can turn to for support?
Ex: My grandma
- 2** What is something you did for your health recently?
Ex: I drank water at lunch instead of a soda
- 3** Is there a mistake you made that then taught you something valuable?
Ex: Yelling but I learned to take a breath and listen
- 4** What is something you appreciate about yourself?
Ex: I am kind
- 5** Can you name something beautiful you saw recently?
Ex: A baby laughing

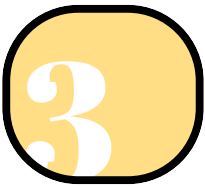
Mindfulness for the Family

Check out these **free apps** for emotional development and stress relief



Breathe, Think, Do: Sesame Street

Designed to help young children learn to manage emotions and solve problems in everyday life



Three Good Things

Guided journaling for all ages to help foster gratitude each day for a positive mindset



Chill Panda

Teaches young children through play to manage their anxiety and improve their well-being



Calm

Meditations and mindfulness app for the family including a "Calm Kids" library



Clear Fear

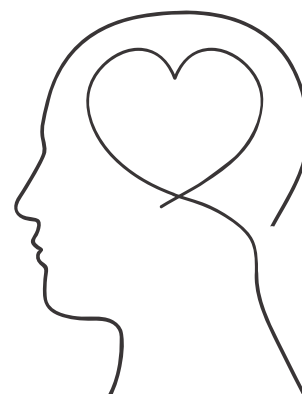
This app helps teens use mindfulness, breathing, and other exercises to help manage anxiety



Learn more about stress and coping for children and their caregivers.

Scan the QR code or visit:

[KidsHealth.org/NortonChildrens/en/kids/center/relax-center.html](https://kidshealth.org/NortonChildrens/en/kids/center/relax-center.html)



READY T+ HELP



Build confidence before an emergency happens

Join us for “Ready to Help,” a hands-on class designed to give your family the confidence and practical skills you need before an emergency occurs. Learn simple, lifesaving techniques you can use right away to protect the people who matter most.

Who should attend?

- Parents of children of any age
- Guardians and caregivers
- Babysitters and nannies
- Children ages 10 and up are welcome to participate, but must be accompanied by an adult.

What you'll learn

- How to assemble a practical emergency kit
- How to create a clear, easy-to-follow family emergency plan
- What to do in common urgent situations
- What to expect when calling 911
- Basic bleeding control techniques
- Burn care essentials

“Ready to Help” emergency preparedness class

May 28th 6 to 8 p.m.

Marshall Women's Health & Education Center

Norton Medical Plaza 3 – St. Matthews
Suite 108, Room 1B
4123 Dutchmans Lane Louisville, KY 40207

Registration is required for this free class. To register, scan the **QR code** or visit **NortonChildrens.com/Classes**.



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Distracted Driving Awareness Month

BEFORE you put the car in drive:

- Wear your seatbelt properly each ride
- Speak up if you feel unsafe inside of a car
- Put phones and all distractions away
- Make good decisions, each and every ride

90% of teen drivers say they would **stop texting** while driving if a friend asked them to

SCAN THE QR
CODE TO TAKE THE
PLEDGE AGAINST
DISTRACTED
DRIVING



NORTON
Children's
Prevention & Wellness

Distracted Driving Awareness Month

April is Distracted Driving Awareness Month. Car crashes are one of the leading causes of death for teens in America. For the third year in a row, Kentucky has led the country in teen deaths by car crashes.

Car crashes are 100% preventable based on the choices we make inside our cars.

On average 225,000 teens are seriously injured in car crashes each year. Nearly 3,000 teens die annually in car crashes.

What is considered distracted driving?
anything that takes your...



eyes off
the road



hands off
the wheel



mind off
of driving



OR

impairs your from
hearing your
surroundings



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8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: NCPW@nortonhealthcare.org



NORTON
Children's
Prevention &
Wellness



CLASSES AND EVENTS

SAFE BABY

April 9th - virtual

May 14th - virtual



SAFE GRANDPARENTS

May 26th - virtual

SAFE SITTER

May 19th - Marshall Women's Health and Education Center

READY TO HELP: EMERGENCY PREPAREDNESS CLASS

May 28th - Marshall Women's Health and Education Center

RESCUE READY

CAREGIVER'S GUIDE TO CPR AND FIRST AID

April 22nd - Marshall Women's Health and Education Center

TO REGISTER FOR A CLASS SCAN THE QR CODE.
YOU CAN ALSO REGISTER ONLINE AT:
WWW.NORTONCHILDRENS.COM/PREVENTION

