

TIPS TO PREVENT

CHILD ABUSE

If you are feeling frustrated or angry, it's OK to step away. You can leave a baby in a crib or other safe place while you take a few moments to calm down.

- It is normal to feel frustrated when a baby or young child cries, but it is never OK to shake or harm a baby or young child.
- Keep a list of friends or family members' phone numbers to call for support if you are feeling frustrated or angry.
- It is normal for babies and even toddlers to cry. It is a way they communicate. Most children cannot stop themselves from crying until they are at least 4 years old, depending on the reason for crying.
- If you don't have total and complete trust in a person, then don't trust him or her with your child. A new boyfriend/girlfriend, someone who is violent or abusive toward you or a pet, or someone who swears at you or your child should not be trusted to watch your child.
- Research has shown that spanking does not work over time and has a risk of accidentally injuring the child. Children who are spanked or physically disciplined also are more likely to be aggressive toward adults and other children.
- Many people who physically abuse children also abuse their partner/spouse. If your partner has hit, kicked, shoved or threatened you with physical violence, he/she should not be caring for your child.



WARNING SIGNS OF

CHILD ABUSE

Warning signs of child abuse

- An infant under 1 year of age or any infant who is not yet “cruising,” or taking steps while holding onto furniture and hands, should not have any bruising of any kind.
- Bruising to the torso, ears, neck, buttocks or genitals of a child of any age is not normal. If you see this kind of bruising, take your infant or child to an emergency department immediately.

Report child abuse

- If a child is in immediate danger, call **911**.
- To report child abuse in Kentucky, call the Kentucky Child Protection Hotline toll-free 24/7 at **(877) KYSAFE1/(877) 597-2331**. Anonymous calls are accepted.
- For nonemergency situations, go to **<https://PRD.CHFS.KY.gov/ReportAbuse>**.
- In Indiana, call the Indiana Child Abuse and Neglect Hotline toll-free 24/7 at **(800) 800-5556**. Anonymous calls are accepted.

If you need support or someone to talk to:

- **Prevent Child Abuse Kentucky or Indiana:**
(800) CHILDREN/(800) 244-5373
PCAKY.org or PCAIN.org
- **Childhelp National Child Abuse Hotline:**
(800) 4-A-CHILD/(800) 422-4453
ChildHelp.org

To see some of the early signs of child abuse, visit **DontHurtChildren.com**.

*From the physician experts at Norton Children's Hospital
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