



Prevent Child Abuse Forsyth Newsletter

April 2009

April is Prevent Child Abuse Month!!

Why is it important to take a stand for preventing child abuse and neglect?

- If we prevent child abuse and neglect, a life is saved.
- If we prevent unnecessary mental health problems, a child can function.
- If we prevent unnecessary health problems, a child does not have a lifelong and unnecessary disability.
- If we prevent the cycle of poverty from continuing, a child does not go hungry or live in homeless shelters.
- If we prevent abandonment of newborn babies, a baby does not die.
- If we prevent illiteracy, a child can succeed in school and in life.



The Blue Ribbon Campaign

In 1982, by Presidential Proclamation, April was declared Child Abuse Prevention and

Awareness Month. Since that time, awareness activities have been promoted across the United States.

In 1989 in Virginia, the Blue Ribbon Campaign had its start through a grandmothers tribute to her grandson who died as a result of abuse. She tied a blue ribbon to her car's antenna as a way to remember him and to alert her community to the tragedy of child abuse. The color blue reminds us of the black and blue Abusbruises of physically abused children.

Please join Prevent Child e Forsyth in the Blue Ribbon Campaign and Stand Up For Children!

Coping Tips for Parents

1. Take a deep breath and count to 10.
2. Close your eyes and pretend you are hearing what your child is about to hear.
3. Sit your child in a time-out chair, one minute for each year of age.
4. Put yourself in time-out and think about why you are angry.
5. Splash water on your face or do something else to cool down.
6. If someone can watch your child, go outside and take a walk.
7. No matter how impatient or angry you feel, do not shake a baby or young child.- Use one of these coping tips instead.
8. Call a friend, family member, or parent support line- Call the helpline at **1-800-CHILDREN.**



Pinwheels for Prevention

The pinwheel represents PCA America's efforts to change the way our nation thinks about prevention, focusing on community activities and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur. It represents our efforts to ensure the healthy development of children nationwide, while recognizing that child development is a building block for community development and economic development.

The campaign is taking root as more than 400,000 blue and silver pinwheels were displayed in communities across the U.S. in 2008. Shining in the sun, the pinwheel is reflective of the bright future all children deserve and our belief that getting it right early is less costly than trying to fix it later.

If you would like to volunteer for upcoming events with Prevent Child Abuse Forsyth or become involved with our Committee please fill out the form below and return to: 1480 Bettis Tribble Gap Rd. Cumming, GA 30040 or call: 678-208-1908.

Name: _____

Phone: _____

Address: _____

Email: _____

Best time to reach you: _____

Prevent Child Abuse Forsyth
1480 Bettis Tribble Gap Rd.
Cumming, GA 30040
Phone: 678-208-1908
Fax: 678-208-1910
www.forsythcountycac.org



Recognizing Child Abuse and Neglect

The most commonly recognized types of abuse and neglect are physical abuse, physical neglect, emotional or verbal abuse, and sexual abuse. Signs of abuse and neglect include:

- A child with repeated injuries such as bruises, welts, or burns.
- A child who is withdrawn, angry, depressed, aggressive.
- A child who exhibits extremes in behavior, such as being excessively aggressive or being overly compliant; being afraid to go with a caretaker or clinging and not wanting to separate.
- A child who is inadequately dressed for the weather, is malnourished, physically dirty, tired or unsupervised; or is not receiving medical treatment.
- A child who shows signs of or reports sexual abuse. A child who has knowledge of sexual terms and behaviors inappropriate for the age level. A child with a sexually

Spread the Word

In Georgia, we are fortunate to have a toll-free anonymous and confidential HELPLINE for ALL parents.

Baby won't stop crying?
Kids driving you nuts?
Don't know how to keep it together?

Just want to talk to someone who listens?

1-800-CHILDREN

Calendar of Events:

- Entire month of April-Wear your blue ribbon to support Child Abuse Prevention. Call our office to pick up a bookmark or find out where you can pick up one at a local business with the blue ribbon attached!
- April 19th-Taste of Forsyth- Be sure to look for our booth and stop by and see us! We will be selling Pin Wheels for \$1. Look for Pin Wheels around the county - there will be a pinwheel for every child abuse investigation in our county.
- May 6th- Lunch and Learn- 11:30am-1pm- FREE lunch—please call our office to RSVP. We will be having speakers on the correlation between animal abuse and child abuse!
- June 4th-6th-Knights of Columbus-Garage Sale at St. Brennan's Church- We will be having our annual book sale! Hardbacks-\$.50 and paperbacks-\$.25!

Please be sure to check out our website at www.forsythcountycac.org