



April is Child Abuse Prevention Month

Take the Pledge to Prevent Child Abuse online at www.taketheCAPMpledge.org

Some of the things that you can do in your family and community:

- Learn more about the risk factors attributed to child abuse and neglect incidents.
- Keep a watchful eye on children.
- Engage in a conversation with parents about the joys and challenges of parenting.
- Tell parents about available parenting and family resources located on and off military installations.
- Offer to assist parents during unplanned and stressful events.
- Make “how are you” phone calls to family, friends and neighbors who have young children.
- Really listen to a child and understand that children need undivided attention when they talk. Be patient and remember that they move at a different pace in their little worlds.
- Make special time for a child that you care about.
- Run an errand, bake cookies, or prepare a meal for a new mother in your neighborhood.
- Provide amusement for restless children in a waiting room.
- Smile and acknowledge that “it’s tough work” when you see a parent coping with a stressful situation in public.
- Remind the caregivers that you know what a great job they’re doing.
- Listen to parents when they tell you about their challenges.
- Advocate for programs that provide families with education and support – starting when their child is born!
- Report suspicion of child abuse or neglect to the local authorities or social services agency.
- Encourage others to take the pledge.

www.taketheCAPMpledge.org

Resources

Fleet and Family Support Center

Counselors

Victim Advocates

New Parent Support Program Home Visitors

www.ffsp.navy.mil

Military Healthcare Providers

Base Chaplains

Base Security

Military Chain of Command

Military One Source

1-800-342-9647

www.militaryonesource.com

Childhelp National Child Abuse Hotline

1-800-4-A-CHILD

1-800-422-4453

U.S. Health and Human Services

Administration for Children and Families

www.childwelfare.gov

If you suspect that a child is being abused or neglected, call your local Fleet and Family Support Center, your local Child Protection Agency, or dial 911 for immediate assistance.



Know The Difference

Discipline is not Abuse

Take the Pledge to Stop Child Abuse

CHILD ABUSE PREVENTION

www.taketheCAPMpledge.org



Fleet & Family Support Program
New Parent Support Program



Discipline is not Abuse!

Parents and child caregivers wear many hats – nurturer, provider, protector, and disciplinarian, to name a few. Disciplining a child is one of the most challenging responsibilities a parent or child caregiver will face, but it is an essential parental responsibility. In many instances, the act of disciplining a child raises the disciplinarian’s anxiety level. Consequently, if the disciplinarian lacks self-awareness and their motive to discipline is primarily to interrupt a child’s undesirable behavior, the risk for abuse increases. Although all states allow the use of corporal punishment, all injuries to children will be scrutinized by medical professionals or local authorities to rule out abuse.

According to the American Humane Association, “Discipline is how children learn right from wrong, acceptable from unacceptable. All discipline must be age-appropriate. Disciplinarians are responsible for motivating children to improve their behavior and teaching them how to make better choices. The ultimate goal for discipline must be to guide children on how to interact with others and help them so that they mature into emotionally healthy, dependable, empathic, and responsible adults.”

When protective factors that focus on the knowledge of parenting and child development are integrated into everyday parenting practices, parents will come to understand that discipline and abuse are very different. This year, the DoN Child Abuse Prevention Month campaign is committed to increasing that awareness. This year’s theme, “Know the Difference – Discipline is Not Abuse,” emphasizes that awareness.



What is Child Discipline?

Parents and child caregivers must remember that discipline is the process of teaching your child what type of behavior is acceptable and what type is not acceptable.

-  **Discipline consists of punishment and rewards.**
-  **Discipline is a strategy to coach the child on making good decisions and not solely to punish.**
-  **Discipline may involve taking away privileges, not denying basic human rights.**
-  **Discipline does not have to be physical. Corporal punishment or spanking can become more violent and harm a child.**
-  **Parents and child caregivers for the child should all use the same form of discipline methods.**



Regardless of one’s child rearing practices, adults must always remember that children are fragile and deserve to be protected. They must know the warning signs and help stop abuse. Several guiding principles for parents and child caregivers to consider when disciplining a child are listed below.

Never physically discipline a child under the age of four.

Fact: Children under the age of four are at the highest risk for child abuse and neglect. They are just beginning to develop self-control, and also lack the full ability to manage his/her feelings in acceptable ways.

Avoid disciplining a child when you are angry.

Fact: Disciplining a child when you are calm reduces the chance of inflicting emotional or physical injury.

Use discipline to teach good character.

Fact: Teaching a child good character is most effective when the desired behavior is consistently demonstrated by the parent or child caregiver.

Use social skills to encourage good character.

Fact: When a child demonstrates desirable behavior, reward him/her with a compliment and a hug or kiss.

Ensure that discipline is not carried out due to an unreasonable and inappropriate expectation that exceeds the child’s cognitive and physical ability.

Fact: Parents must set age-appropriate limitations. Oftentimes, a child’s physical size misleads adults into believing that they are mature beyond their biological age.

The most effective way to discipline children is by establishing rules.

Fact: Consistency, routine and daily schedules create the type of structure that will teach children what behavior is expected.

Avoid power struggles with children.

Fact: Giving clear, age-appropriate directions with an explanation of its benefit will foster healthy parent and child interactions.



Children Deserve to be Protected.