

PREVENTION DURING A PANDEMIC

There's no doubt that the last two years have placed enormous stress on families and caregivers, who still continue to feel the effects of the pandemic. That means child abuse prevention is more important than ever. You can play a role in that prevention. Check out these ideas from the Mecklenburg Child Abuse Prevention Team!



Entertain kids and foster creativity

Get creative and put smiles on children's faces! Create a craft kit and mail it to a family. Help children write and perform their own play for their caregivers. Offer to do virtual story time for a stressed family. Make your own pinwheels, the symbols of child abuse prevention, with children!

Be supportive of parents

Let families know you care. Call a parent you know to check in. An extra five minutes to listen to someone could make a world of difference. Grab some chalk and leave supportive messages for parents on sidewalks in your neighborhood! Share the number for the Greater Charlotte Hope Line, 980-771-HOPE (4673), with others and on social media.

Donate to organizations in need

Local charitable organizations are always working to serve those in need, including families suffering from hardships. Want to help? Donate money, food, or supplies to a local food bank or domestic violence shelter. You can also donate your time. Seek out volunteer opportunities with organizations that serve children and families.

Lend a helping hand

Little things can make a big difference for a family under stress. Mow a nearby family's grass. Offer to help with errands or chores around the home. Get the kids outside with a game or obstacle course while a caregiver takes time for rest or self-care.

See something, say something

Keep an eye out for signs of child abuse and neglect. In North Carolina, everyone has a legal obligation to report suspected child abuse or neglect. Add Mecklenburg County's Child Protective Services hotline number, 980-31-HELPS (43577), to your phone so that you're prepared if you need to make a report. If a child is in immediate danger, always call 911.

APRIL IS CHILD ABUSE PREVENTION MONTH

*More resources from the Mecklenburg Child Abuse Prevention Team
are available at meck4kids.org.
Find us on social media: @Meck4Kids*