



Pause for a child

It's easy to feel helpless after learning a child has been abused or neglected, but sometimes we see the signs of stress and aren't sure what to do.

If you know a parent or caregiver who appears to be stressed or overwhelmed, consider how you can be supportive.

- Offer to babysit, and provide child-friendly activities or games while the child is in your care.
- Share a helpful, non-judgmental advice with the parent or caregiver about ways to engage an energetic child or redirect a child who behaves inappropriately.
- Help the child with the homework to relieve a parent who is weary from work or other responsibilities.
- Offer to prepare meals, or invite the family to dinner, when it's obvious that the parent needs encouragement.
- Befriend the child (with the parent or caregiver's permission) and teach the child a hobby or skill that helps increase the child's self-esteem.

