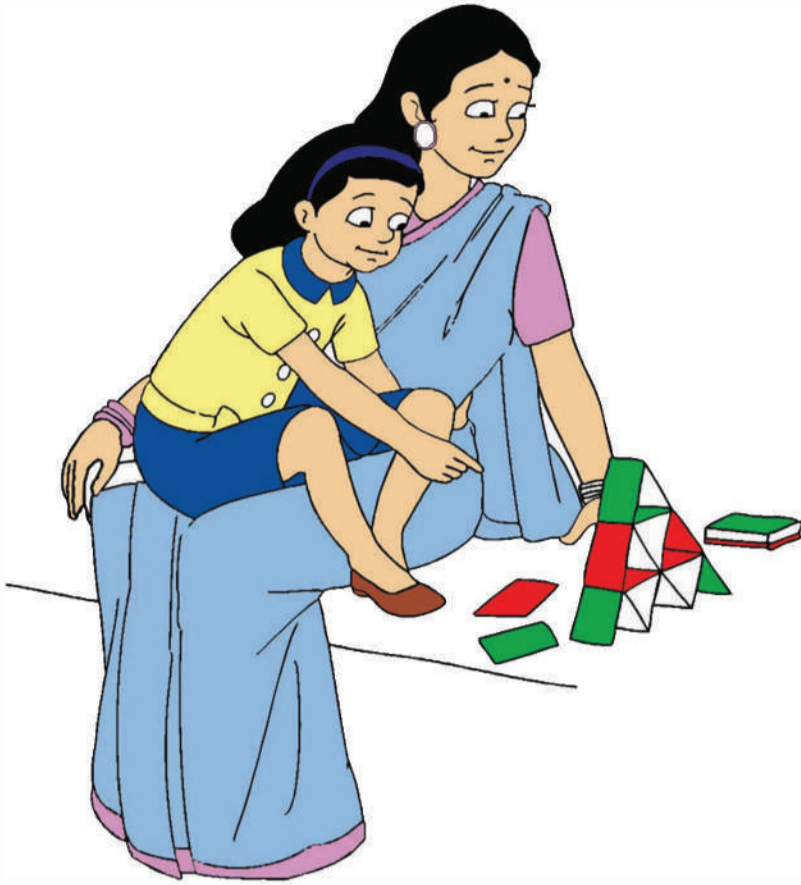


Parenting Tips for keeping Children Safe



TALK to your child frequently. Make time for them and not just for homework, do things you both enjoy.

Talk goes both ways so **LISTEN** to your child, know what is happening in their life. No fake listening.

SUPPORT, ENCOURAGE and **PRAISE** your child's thoughts, ideas and achievements. Avoid discouraging statements and labels.

Learn to use **NON-PHYSICAL OPTIONS FOR DISCIPLINE**. If angry about something he/she has done, address the issue after calming down.



Let them know they have the **RIGHT TO SAY 'NO'** to anyone, that includes adults. Especially when they feel it is wrong or **UNSAFE**.

ENCOURAGE THEM TO TELL if something unsafe is happening or if someone is behaving in a way that scares them. Let them know they can tell or ask for help from you and other adults.



Build an **OPEN AND TRUSTING RELATIONSHIP** with your child.

LET THEM KNOW YOU LOVE THEM!

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