

## Tips for Preventing Child Abuse

All parents should love their children, but for some reason some abuse them. Often, it is done out of rage when a parent is out of control and doesn't realize the impact of what they are doing. No child should be the victim of abuse, no matter what the circumstances. Here are a few tips that may help you help yourself if you fear that you may lose control.

1. Try your best to be a caring, loving parent. If possible, control your outrage by counting to ten or taking some other measure that will delay your immediate anger for a few minutes. Often you will find that waiting just a few seconds or minutes greatly diminishes your anger.
2. If other areas in your life are making you miserable or becoming out of control, don't take it out on your children. It is not their fault if your marriage is in trouble or finances are bad. Seek counseling if necessary.
3. Often, it is new mothers that get distressed. An infant can cry incessantly for hours, which can leave some women very anxious and frustrated, occasionally leading to child abuse. Never shake your baby, try to calm down and clear your mind. Having an experienced mentor to help you out can be a great comfort.
4. Control how much time your children do certain activities such as watching television and surfing the internet. Games they may play online and things they see on television can be a bad influence, leading them to bad attitudes and promiscuous behavior, which may cause you to snap and become violent.

These are just a few tips that may help if you fear that you may at some point abuse your child. Remember that many children are accidentally beaten to death when a parent acts out in rage. Do your best to control your emotions, take deep calming breaths and realize that small children often don't realize the cause of your distress.

If you are certain that child abuse is going to be a problem for you that you cannot control, seek help immediately. If you are not an abuser but know someone who is, report them to the authorities - before it may be too late.

Child abuse is a growing problem in the United States, and responsible for thousands of unnecessary and avoidable deaths each year. Be responsible, and take action against this horrifying epidemic.