

40 WAYS TO SUPPORT CHILDREN

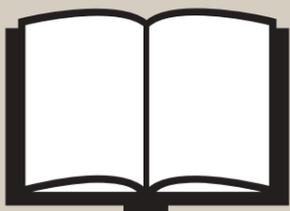
Kids depend on adults to survive and thrive. With a little time, energy, and love we can provide what children need to reach their full potential. Without coordinated adult support, many children may be more vulnerable to a number of negative outcomes. Prevention must be a community effort. Communities need to build supports for families and develop safe and healthy environments.

The following are ways in which everyone can help to support children:

WHAT WE CAN DO AS A FAMILY



- 1 Guide, encourage, and set limits for our children.
- 2 Insist on respect and harmony among brothers, sisters, and playmates.
- 3 Keep firearms and cleaning chemicals out of the reach of children.
- 4 Monitor and limit television watching and ensure that children aren't exposed to violence on TV.
- 5 Listen to your children, especially when they are reluctant to go to certain places or be with certain people.
- 6 Place kids in the safety seat or seat belt every time they are in the car, no matter how short the ride.
- 7 Buy only toys that are safe and suitable for the child's age.
- 8 Accept children and understand their need to be kids.
- 9 Stay informed by talking to teachers, counselors, and others who work with your child.
- 10 Spend some time reading with a child—your own child, a grandchild, or neighborhood friend.
- 11 Provide children with the proper safety equipment for any sports activity. Helmets should be worn when skating, skateboarding, or bike riding. Knee, wrist and elbow pads protect against injuries from falls.
- 12 Provide a variety of healthy meals on a dependable schedule.



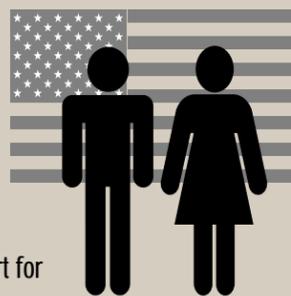
WHAT WE CAN DO AS A COMMUNITY



- 13 Watch over your own and other children when they play in the street or playground.
- 14 Ensure that the playground has soft landing spaces and equipment that is in good condition.
- 15 Insist that your neighborhood be drug-free and safe for kids.
- 16 Know the families around you so you can support and encourage these parents.
- 17 Organize meetings to examine and assess the needs of children in your neighborhood and work together to plan and provide for these needs.
- 18 Keep your homes violence free, practicing peaceful resolution of disputes.
- 19 Volunteer to provide child care services for a friend or neighbor, especially when these parents are stressed.

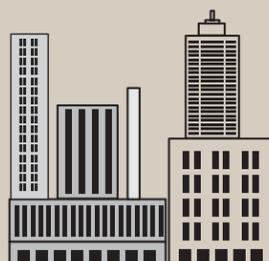
WHAT WE CAN DO AS CITIZENS

- 20 Be a good role model by not smoking, drinking, or doing drugs.
- 21 Know first aid and Cardio Pulmonary Resuscitation (CPR).
- 22 Donate money, supplies, or services to children's groups.
- 23 Voice your support for children's issues.
- 24 Volunteer at a school's lunchroom or playground.



WHAT WE CAN DO AS BUSINESSES

- 25 Encourage your workplace to sponsor a teacher or youth sports team.
- 26 Provide family-friendly policies, such as child care in your workplace.
- 27 Volunteer to share at a school career day. Introduce and motivate students to a variety of careers.
- 28 Hire community youth for internships or employment.



WHAT WE CAN DO AS A SCHOOL

- 29 Talk to the media about exciting events occurring at school.
- 30 Sponsor family night activities, such as math night, play productions, school barbecues, and other events.
- 31 Provide after-school activities and clubs for students.
- 32 Know your school's policy for reporting suspected abuse and take action, as necessary, following the policy.
- 33 Provide various ways of communicating school events and updates to families so that they can have many opportunities to stay involved.
- 34 Provide activities to involve parents with children at home.



WHAT WE CAN DO AS POLICY MAKERS

- 35 Respect children and support public policies that are family-friendly.
- 36 Consider the full impact of proposed policies on families, not just on individuals and not just the loudest speakers.
- 37 Provide funding for high-quality, developmentally, and culturally appropriate early care and education.
- 38 Support high standards for early childhood caregivers and educators.
- 39 Provide funding for parent education opportunities to help parents understand the importance of parenting skills related to healthy social and emotional development.
- 40 Support efforts of local agencies that advocate on behalf of children.



For more information, contact the University of Hawai'i at Mānoa, Center on the Family at 956-4138 or at www.uhfamily.hawaii.edu



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