

Protecting Our Children Starts with You!

We know from countless studies that when a family is struggling or facing stressful times, their children are at an increased risk of experiencing abuse or neglect.

This road map to child safety and family stability is your guide as a community member or leader to identifying the warning signs of abuse and neglect and understanding the factors that create strong supportive families and reduce children's risk of abuse or neglect.

While not all families who struggle will be unsafe for children, all unsafe families are struggling. Helping families when and where they need it the most is not just the right thing to do; it is also the most powerful way to protect our children and create strong and supportive communities.

How to Navigate the Roadmap

GO

These skills help families raise healthy, happy children and should always be given the green light! Encourage them whenever and however you can.

CAUTION

Slow down! These signs indicate that a family is struggling. Take the time to ask them how they are doing. Compare the information you have gathered from your conversation to the Go section to assess their coping skills and the Stop section to ensure there are no signs of child abuse or neglect. Refer them to any of the Local Resources, located on the back of this pamphlet, that you think may help. Take an extra step and reach out to others in your community to see how else you and your community can help.

STOP

There are signs that the child may be experiencing abuse or neglect! Immediately contact the **Child Abuse Hotline at (714) 940-1000 or (800) 207-4464, 24 hours a day, 7 days a week.**

LOCAL RESOURCES: Please share these resources with anyone who you think would benefit from additional help.

For more information on the risk of child abuse or the Protective Factors, please visit:
childwelfare.gov

Local Resources for Families

211 Orange County: Dial 2-1-1 from your phone for general needs resources, including housing and food assistance.

Website: 211OC.org

Families and Communities Together (FaCT):

A network of 15 Family Resource Centers throughout Orange County that provides families in crisis with services and resources.

Website: FaCTOC.org

Phone: (714) 566-2878

Waste Not OC (WNOC): Food bank resource

Website: wastenotoc.org

Email: wastenotoc@gmail.com

OC Links: Provides telephone and online support to anyone seeking mental health or alcohol and drug treatment.

Phone: (855)-OC-LINKS (855-625-4657)

Website: ohealthinfo.com/oclinks

CalFresh and CalWORKs: Programs that provide nutritional assistance and cash benefits for eligible families and individuals.

Website: ssa.ocgov.com/calfresh

CalOptima: Provides health care coverage for Orange County residents who are eligible for full Medi-Cal.

Phone: (714) 246-8500 or toll free at (800) 587-8088

Domestic Violence Hotline: For information on services in the community.

Phone: (714) 991-1931

NAMI-OC Warmline: The NAMI-OC WarmLine is a free and confidential phone service that provides emotional support and resources.

Phone: (714) 991-6412

Website: namioc.org

Orange County Suicide Crisis Line:

(877) 727-4747

A Road Map to Child Safety & Family Stability

Presented by the **WE CAN Coalition**
Working to End Child Abuse and Neglect in Orange County





The following Protective Factors can decrease the risk of child abuse or neglect and helps families develop critical skills and supports.

Social Connections:

- ◆ Having family and friends that they can rely on
- ◆ Positive and trusting relationships
- ◆ Actively a part of a faith community and/or support group

Concrete Support in Times of Need:

- ◆ Having enough money for basic needs
- ◆ Connected to and aware of faith-based and/or community resources

Parental Resilience:

- ◆ Hopeful
- ◆ Managing stress in a healthy manner
- ◆ Seeking help effectively
- ◆ Solving general life problems

Knowledge of Parenting &

Child Development:

- ◆ Age appropriate expectations of children
- ◆ Meeting the special needs of children
- ◆ Nurturing parenting
- ◆ Positive and trusting relationships

Social & Emotional Competence

of a Child:

- ◆ Appropriate and healthy expressions of emotions
- ◆ Healthy behavior
- ◆ Interacts positively with others



If you see any of the following signs, slow down and reach out to the family. Help them build their Protective Factors and refer them to local resources that will help support them through their struggles.



High Family Stress, Conflict, and Displays of Anger:

Poor impulse control, short fuse, shutdown or withdrawn, depressed, insecure

Visible Difficulty Parenting:

Inability to soothe child, lack of supervision, odd or extreme parenting ideas, risky caregivers, poor understanding of normal behavior, punishment versus discipline, unrealistic expectations of child

Many Needs and Few Resources:

Health problems, money problems, recent changes and/or losses, child with special needs, substance abuse including alcohol and prescription drugs, unemployment, unsafe or unstable housing

Challenging Family Circumstances:

Blended family, children under the age of two, divorce or separation, high number of people in the home, history of abuse, history of violence, parent in jail



The following signs could be signals of child abuse and neglect.



Possible Signs of Abuse:

- ◆ Someone, including the child, tells you the child has been abused
- ◆ Suspicious marks, cuts, injuries, or bruises
- ◆ Other violence in the home

Possible Signs of Neglect:

- ◆ Poor hygiene
- ◆ Hoarding of food
- ◆ Noticeable tooth decay
- ◆ Chronic lice
- ◆ Significant weight changes

If you suspect child abuse and/or neglect please contact the **Child Abuse Hotline at (714) 940-1000 or (800) 207-4464, 24 hours a day, 7 days a week.**

For more information on child abuse and neglect reporting, visit: ssa.ocgov.com/abuse

For more information on how to approach this issue, go to childwelfare.gov