



# Kinship Link

Volume 18, Issue 4

April 2022

## April Child Abuse Prevention Month

### Pro Kinship for Kids

#### Inside this issue:

April Child Abuse Prevention Month continued 2

Let's Nurture Our Children 2

Pro Kinship for Kids  
Lower level Our Saviors  
Lutheran Church  
1400 S. State Street  
P.O. Box 666  
New Ulm, MN 56073  
Phone 359-2445 or  
1-800-642-5779  
Website:  
www.prokinship.org

Newsletter by  
Kari Beran, Director



### What is Child Abuse?

Child abuse is any maltreatment of a child that results in harm or injury. Child abuse includes:

**Physical abuse** - an injury to a child that is not an accident; for example, hurting a child by hitting, biting, burning, or shaking.

**Sexual abuse** - any sexual contact with a child, including exhibitionism, photographs or films, or prostitution.

**Physical neglect** - failure to give a child food, clothing, medical care, shelter, or supervision.

**Emotional abuse and neglect** - an abusive parent may scare a child by threatening to leave him or her, or may be severely critical. A neglectful parent may not spend any time with the child or may never show the child any affection. A neglectful parent may not provide enough food or medical attention.

### Know the Warning Signs of Abuse

Children who are abused may show physical and behavioral signs. Please pay attention to the treatment of children around you. You may be a child's only lifeline to

safety. Child abuse is everyone's business. If you suspect a child is being abused or neglected, call child protective services at Brown County Family Services or call 1-800-CHILDREN to speak with someone at Prevent Child Abuse Minnesota.



The general warning signs of abuse are present in children who seem:

- Nervous around adults or afraid of certain adults
- Reluctant to go home (for example, coming to school early or staying late)
- Very passive and withdrawn - or aggressive and disruptive
- Tired a lot or complaining of nightmares or insomnia
- Fearful and anxious
- Showing sudden changes in behavior or school performances

### Some Signs of Physical Abuse:

- Unexplained burns, bruises, black eyes, and other injuries
- Apparent fear of a parent or caretaker
- Faded bruises or

healing injuries after missing activities

### Some Signs of Sexual Abuse:

- Difficulty walking or sitting, or other indications of injury in the genital area
- Sexual knowledge or behavior beyond what is normal for age
- Running away from home

### Some Signs of Physical Neglect:

- Missing activities a lot
- Begging/stealing money or food
- Lacking needed medical or dental care
- Being frequently dirty
- Using alcohol or other drugs
- Saying there is no one at home to take care of them

### Some Signs of emotional Abuse and Neglect:

- Acting overly mature or immature for age
- Extreme changes in behavior
- Delays in physical or emotional development
- Attempted suicide
- Lack of emotional attachment to the parent

See back side of sheet for signs of an abusive adult.

## April Child Abuse Prevention Month continued

You should know the signs of an abusive adult. Always consider the possibility of abuse in a parent or caretaker if you see these items:



- Seems unconcerned about the child's welfare at school or at home
- Denies problems at school or at home, or blames the child for them
- Sees the child as worthless or as a burden
- Avoids discussing the child's injuries or gives conflicting explanations for them
- Seems isolated from other parents, and school and community activities
- Uses harsh physical discipline or asks other caretakers to use it

- Depends on the child for emotional support
- Abuses alcohol or other drugs
- Seems indifferent to the child
- Seems secretive or

tries to isolate the children from other children

- Frequently blames, belittles, or insults the child

All these signs we have just been listing doesn't prove that a child is being abused. But, they could be a sign that the child and his or her family does need help. LISTEN! Be the help that is needed for you can end child abuse.



100  
Years  
FROM  
Now

... it will not matter what my bank account was, the type of house I lived in, or the kind of car I drove, but the world may be different because I was important in the life of a **CHILD**.

## Let's Nurture Our Children

Nurturing our children is what we need to do for our children and especially for children who have been abused in any form. Nurturing is loving and caring for children. Here are some ways to nurture your children or children you see around you.

### TRUST AND RESPECT

- Acknowledge children's right to have their own feelings, friends, activities, and opinions
- Promote independence
- Allow for privacy
- Respect feelings for other parent
- Believe your children

### PROMOTE EMOTIONAL SECURITY

- Talk and act so that children feel safe and comfortable expressing themselves
- Be gentle
- Be dependable

### PROVIDE PHYSICAL SECURITY

- Provide food, shelter, clothing
- Teach personal hygiene and nutrition
- Monitor safety
- Maintain a family routine
- Attend to wounds

### PROVIDE DISCIPLINE

- Be consistent
- Ensure rules are appropriate to age and development of children
- Be clear about limits and expectations
- Use discipline to give instruction, not punish

### GIVE AFFECTION

- Express verbal and physical affection
- Be affectionate when your children are physically or emotionally hurt



### GIVE TIME

- Participate in your children's lives: activities, school, sports, special events and days, celebrations, and friends
- Include your children in your activities
- Reveal who you are to your children

### ENCOURAGE AND SUPPORT

- Be affirming
- Encourage children to follow their interest
- Let children disagree with you
- Recognize improvement
- Teach new skills
- Let them make mistakes

### CARE FOR YOURSELF

- Give yourself personal time
- Keep yourself healthy
- Maintain friendships
- Accept love