

### 5 Tips for Keeping Kids Safe:

1) **Help a friend, neighbor or relative.**

Being a parent isn't easy. Offer a helping hand to take care of the children so that parents can rest or spend time together.

2) **Help yourself.**

When the big and little problems of your every day life pile up and you feel overwhelmed, take time for yourself. This will allow you to be a better parent.

3) **Monitor your child's television viewing and computer usage.**

Watching violent television programs and movies can harm young children. Unsupervised internet usage can be dangerous for children and teens.

4) **Get Involved.**

Ask your community leaders, clergy, library, and schools to develop services to meet the needs of healthy children and families.

5) **Report suspected abuse or neglect.**

If you have reason to believe a child has been or may be harmed, please call: 1-800-342-3720

For more information, please contact:



Saratoga Center for the Family

359 Ballston Ave

Saratoga Springs, NY 12866

(518) 587-8008

[www.saratogacff.org](http://www.saratogacff.org)

**Attention School Personnel: Please download a copy of this document for use in your School Newsletter at [www.saratogacff.org](http://www.saratogacff.org)**