

“What can I do?”

If you think a child has been abused or neglected, you must ring your local child protection authority or the police.

But in order to help **prevent** getting to such a tragic situation in the first place, there are lots of things you can do to help protect children. The following tips are not definitive or exhaustive, but are a good start.

Neighbours: take the time!

1. Inform yourself about child abuse and neglect and ways you can help protect children in your neighbourhood (e.g. notice the signs of stress in your neighbours and lend a hand if you can).
2. Take the time to get to know the families in your street so that families can give one another support to cope with the stresses of parenting.
3. If you're worried about a child, don't stay silent, do something.