



# WHO'S WATCHING YOUR CHILD?

## DID YOU KNOW?

When leaving your child with a partner or caregiver, you expect them to provide the same care you would—but that's not always guaranteed. Many people may assist with caregiving, including those with mental health issues, substance use, anger problems, or domestic violence, increasing the risk of abuse and neglect. Caregivers may lack experience or have unrealistic expectations of children. It's crucial to clearly communicate your expectations to ensure your child's safety, as it only takes one moment of lost control to cause serious harm to a young child.

**You could be making a deadly mistake. Spend time observing your partner/caregiver with your child before leaving them alone together. Watch the interaction. Make sure you and your child are comfortable and the interaction is appropriate.**

## DOES YOUR PARTNER/CAREGIVER

- Expect your child to do things that are not realistic for their age?
- Overreact when your child breaks rules or does not follow directions?
- Show anger or impatience when your child cries or throws a tantrum?
- Call your child bad names or say mean things to your child?
- Think it is funny to scare your child?
- Hurt your child?
- Drink alcohol in excess or use drugs around your child?

***If you have answered "yes" to even one of these questions, your child could be at risk. Do the right thing – carefully choose who you allow to watch your child.***



# WHAT A CAREGIVER NEEDS TO KNOW

## Coping with Crying

- What works best to help your baby stop crying. Show your partner/caregiver how to soothe your baby before you leave.
- Put the baby in a safe place and call right away if your baby will not stop crying.
- What your child likes to do and what toys they like to play with. Show your partner/caregiver how you and your child like to play together.

## Safe Sleep

- Your baby always sleeps alone and should never sleep with an adult or another child.
- Your baby always sleeps on their back in a crib/bassinet/Pack 'n Play and should never be put to sleep on a couch, chair, or any kind of soft bedding.

## Diapering/Toileting

- How to toilet or diaper your child. Let them know it is okay if your child has an accident.
- Have clean clothes and diapers on hand.

## Eating

- How much your child usually eats and that it is okay if your child does not eat everything.
- The food messes are okay!

## Water Safety

Always watch your child while in the bathtub, swimming pool, bodies of water or other things filled with water, including toilets.

## Discipline

Never spank, yell, throw things, shake or hit your child.

# WHAT CAN YOU DO?

## When Leaving Home

- Leave your phone number and other emergency numbers.
- Let your partner/caregiver know it is okay to call you for help.
- Check in with caregiver while you're away.

## When You Get Home

- Ask your partner/caregiver what they did while you were away.
- Ask your child if they liked your partner/caregiver after you leave.
- Observe your child's behavior, especially an infant or toddler. Does your child seem peaceful and happy?
- If you suspect something is wrong with your child or if they have been hurt, get help right away.

## Teach Your Child

- The name of a trusted neighbor close to home who they can call or go to if they think they are in danger.
- How to call "911" in an emergency.
- It is okay to talk to you about any problems or concerns they might have with the partner/caregiver.

## Looking for a Childcare Center or Caregiver

- Is your caregiver or childcare center licensed or certified?
- What is the adult to child ratio?
- What is their property like...are there hidden locations, water hazards?
- Be VERY clear about Safe to Sleep practices.
- Call or visit unexpectedly during the day and ask "where is my child right now?"

## RESOURCES

- For more parenting tips and information on local resources, call **1-800-CHILDREN** or "**211**".
- For free, confidential information and services on domestic violence call the National Domestic Violence Hotline **1.800.799.7233**
- Call "**988**" for Mental Health questions.
- To report suspected child abuse or neglect, call the Indiana Child Abuse/Neglect Hotline **1.800.800.5556**



## MORE ABOUT US

*Prevent Child Abuse Indiana is dedicated to preventing child abuse and neglect. In doing so, we make Indiana a safer, better place for our children.*



### INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website or call **1.800.CHILDREN** (1.800.244.5373)



### REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



### SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or [www.in.gov/dcs/2456.htm](http://www.in.gov/dcs/2456.htm) for more info.

**TOGETHER, PREVENTION IS POSSIBLE.**