

# Tips for parents..



**M**ake a point to spend time together. For example, make bedtime into story time

**P**lay a game or go for a walk together

**S**et clear, consistent limits

**R**eward good behavior, it is more effective than punishing poor behavior

**N**ever punish in anger

**P**hysical punishment teaches children that hitting is ok

**W**hen children misbehave, let them know you dislike what they did and not who they are

**S**et a good example

**K**eep your promises

**L**isten



**Prevent Child Abuse**  
Utah

[www.preventchildabuse.info](http://www.preventchildabuse.info)  
1-800-CHILDREN

Child Protective Services Hotline 1-800-678-9399

<http://www.hsdcsf.state.ut.us/>



Utah Family Center (801) 266-6166

<http://www.utahfamilycenter.org>

## Child Abuse Prevention Resources

Local Family Support Centers (801) 538-4100

<http://www.familysupportcenter.org/Coalition.html>

Voices for Utah Children (801) 364-1182

<http://www.utahchildren.org>



Children's Justice Center (801) 538-1941

<http://attorneygeneral.utah.gov/childjuscenrloc.html>

Utah Department of Health 1-888-222-2542

<http://health.utah.gov>

Primary Children's Center for Safe and  
Healthy Families (801) 588-3650