


EPIC SCAN
 Pennsylvania American Academy of Pediatrics
Help Card

2" x 3.5" (folded) 6" x 3.5" (flat)
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<p>3) Talk to your child's doctor. There may be a medical reason for your child's difficult behavior.</p> <p>4) Talk to your doctor. There may be a medical explanation for the way you are feeling such as postpartum depression. Follow through on recommended treatment.</p> <p>5) Ask for help when you need it. Have your partner, friend, neighbor or relative watch your child while you take a break. Make sure you choose a mature, responsible person to babysit.</p> <p>6) Learn more about parenting. Books, magazines and the internet are filled with information about raising children and can help you make sense of their behaviors. Go to www.childhelp.org for more information.</p>	<p>Speak up for all Kids!</p> <p>▶ If you suspect a child is being abused or neglected, make it your responsibility to report it.</p> <p>Reporting or admitting abuse does not destroy a family. It gets family members the help they need and helps protect children from further harm. You could be saving a life.</p> <p>To make a report in Pennsylvania, call ChildLine, toll-free, 24 hours/day at 1-800-932-0313.</p> <p>▶ Reach out to stressed parents by offering to babysit and helping with household chores. Parents often just need to hear that they are doing a good job. You can help by being supportive and listening to their concerns.</p>	
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<p>– My kids drive me crazy. – I feel lonely, trapped and depressed. – I need someone to listen to me. – I lose control and hit or scream at my child.</p> <p>If you feel you may lose your temper and hurt your child:</p> <ul style="list-style-type: none"> • Make sure your child is safe: In his crib In her time-out chair (one minute for each year of age) ...and you go to another room where you can cool down. • Change the activity that you and your child are doing. Take your child outside for a walk, read a book or play a game together. • Think about how your child will feel if you say what you are about to say. Will it help or hurt the situation? 	<ul style="list-style-type: none"> • Take several deep breaths and count to 20 before you say or do anything else. • NEVER shake a baby. If the crying is getting on your last nerve, it's OKAY to place your baby face up in the crib and walk away for 5 to 10 minutes. Find someone to talk to. Calm down. Then check on your baby.  <p style="text-align: center; background-color: #e0e0e0; padding: 5px;">Is it your child or are you really stressed about something else?</p> <p style="text-align: center;">Whatever the reason, keep your child safe. Disciplining a child by hitting doesn't work and teaches them to be violent. Stop yourself before you hurt your child.</p>	<p style="text-align: center;">Call for help 1-800-4-A-CHILD (1-800-422-4453)</p> <p style="text-align: center;"><i>They will:</i></p> <ul style="list-style-type: none"> • Listen to you • Answer your questions • Offer advice and support • Direct you to supportive services in your area <p style="text-align: center;">We all want to do a good job of parenting. Here are some ways to do that:</p> <p>1) Take care of yourself. Get enough exercise and rest, eat right, and take time for yourself.</p> <p>2) Talk with family and friends and share your concerns. Connect with other parents and learn from them.</p> <p style="text-align: right;">➔</p>
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