

Preventing Child Abuse in Your Program

Use this checklist to reflect on whether you and your program are protecting children from abuse and neglect.

Protecting children from child abuse at home or in the community

- I know each child and family by name.
- I talk to families regularly about their lives at home (stressors, routines, jobs, deployment, child care arrangements, etc.).
- I build trusting positive relationships with each child and family.
- I know the signs of stress in families.
- I model positive guidance techniques.
- I provide parent education or community resources.
- I encourage families to spend time at the program.
- I talk to children regularly about their friends and experiences at home.
- If I notice a strange bruise, mark, or injury, I ask the child and family about it.
- I provide information to families about child development and parenting.
- I help build connections between the families in our program by promoting social events and making introductions.
- I know how to help families find resources they need like food, shelter, financial support, etc.

Program policies that protect children from abuse and neglect

- I make sure the appropriate ratio for my family child care home is followed at all times.
- I use active supervision strategies; I can see and hear children at all times.
- I complete written incident reports whenever an injury or potential injury occurs.
- I conduct a daily health screening when children arrive. I write down any illnesses, marks, or bruises. If I notice anything unusual, I ask the child and the parent what happened.
- I do not allow children to go into closets, sheds, or workrooms where they cannot be seen.
- I monitor restrooms, for children, and the amount of time they have been gone.
- I never use or threaten to use corporal punishment, such as paddling.
- I never hit a child even in play.
- I never force a child to be touched (hold my hand, hug, be carried, have his back rubbed, etc.)
- I make sure children never leave the program with another adult without written permission from parents and management.
- I use the buddy system when on field trips or outside of the facility. I insist children never use the restroom by themselves or go off by themselves.
- I do not transport children in my personal vehicle without permission.
- I know and use positive guidance strategies.
- I have review my program's written guidance and discipline policy. I understand them and follow them.