

DURING THE COVID-19 CRISIS ...

Continue to Stay Safe at Home.

PARENTS



COVID-19 is causing all of us to face new stresses, school and business closures, family confinement, isolation and economic instability. Through all of this, children are particularly vulnerable. When children are tired, hungry or afraid, bad behavior is a natural reaction. For many, it's the only coping mechanism they have.

Take care of your children. Take care of yourself.

It's okay to ask for help.

You are not alone. This pandemic is having both short-term and long-lasting effects for all of us, along with our families, our friends, and our coworkers. Of course, we're feeling stressed and anxious. But if you find you're angry too often, yelling all the time, feeling overwhelmed – and don't know where to turn – there are things you can do, resources you can access, and people who can help.

Questions to ask your children:

- How's everyone getting along today?
- Are you worried about anything?
- What are you doing for fun?

Questions to ask yourself:

- Is everyone okay?
- Can we get everything we need?
- Do we need any help right now?

Take a break. You deserve it.

A short relaxation activity can be an empowering reset when you're feeling stressed or worried. It's also helpful when the children have been irritating or misbehaved.

DO THIS FOR YOU:

1. Sit comfortably and close your eyes. Do absolutely nothing.
2. What are you thinking?
3. What are you feeling?
4. Is your body tense? Do you feel any pain?
5. Focus on your breathing. In and out. Can you slow it down a little?
6. When you're ready ... open your eyes. Tell yourself, "I can handle this."

DO THIS FOR YOUR CHILDREN:

1. Schedule some one-on-one time. It doesn't have to be long. Let them tell you how they're feeling ... if they're worried or concerned.
2. Stay positive. Keep calm and try to manage any stress you or your kids are feeling.
3. Talk about COVID-19. Give them facts that are age appropriate for them. Listen to their feelings about the current situation.
4. Protect them online.

Help is just a call away.

This is a time for us all to help each other. If you're feeling overwhelmed, call the County Hotline, and tell us what you need. If you're aware of another family that needs help, call us for that, too. This is a community issue. And we're all in this together.

HOTLINE 1-800-932-0313

To connect a family in need with resources:

Lehigh County 610-782-3200

Northampton County 610-252-9060

If you suspect immediate danger, call 911.



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United Way of the Greater Lehigh Valley



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Are the Children Safe at Home?

SERVICE PROVIDERS



Coaches, pastors, family-service and behavioral-health providers may be the only outside adult contact some kids have. It's important to visit the children and families you know and work with. Ask them how they're doing — by phone, FaceTime, Zoom, or a porch visit at an appropriate distance. Let them know they're not alone.

We need YOU ... to check on the children.

Reporting child abuse and neglect is more important than ever.

Ask how they're doing. How is the family getting on with all of the children at home? Do they need anything? Do they know where to get help? Ask to see the kids, and note if they look scared, neglected or hurt. Notice if the parents seem angry or overwhelmed. If something does not look safe, sound safe or feel safe ... report it. You can leave an anonymous tip, and the county will follow up on your call. You may be the only person to act.

Questions to ask the children:

- How's everyone getting along today?
- Are you worried about anything?
- What are you doing for fun?

Questions to ask the parents:

- Is everyone okay?
- Can you get everything you need?
- Do you need any help right now?

If you suspect it, report it.

This is a time for us all to help each other. If you have any concerns for a child or a family, call the hotline and leave an anonymous tip. Help is available!

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LEARN THE SIGNS A CHILD IS NOT SAFE

PHYSICAL ABUSE

- Child seems frightened of the caregiver.
- Child has burns, bites, broken bones, bruising, black eyes, or complaints of pain.
- Caregiver offers no explanation of a child's injury, or blames the child's behavior.

SEXUAL ABUSE

- Child attaches quickly to strangers or new adults.
- Child shows unusual knowledge or behavior for their age.
- Child has difficulty walking or sitting.
- An adult inappropriately touches a child, watches pornography with a child, or says sexual things to a child.

EMOTIONAL ABUSE

- Child shows extremes in behavior, or is overly aggressive or compliant.
- Child seems emotionally unattached to caregiver and others.
- Caregiver blames, belittles or berates the child and refuses to help the child.

NEGLECT

- Child begs or steals food, has very poor hygiene, or says no one at home provides care.
- Child uses alcohol or other drugs.
- Highly stressful family situations, or adults in the home abusing alcohol or drugs.
- Unlocked weapons or guns in the home.



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COMMUNITY MEMBERS



Child abuse and neglect is, unfortunately, an everyday issue. But now, at a time when parents are worried, stressed and stuck at home ... we're seeing a significant drop in child welfare referrals. Undoubtedly, the rates of abuse and neglect are rising, but the referral sources — schools, youth programs, houses of worship — are closed.

We need YOU ... to check on the children.

Reporting child abuse and neglect is a community responsibility.

If something does not look safe, sound safe or feel safe ... report it. When you report you are asking for a professional to help a child and their family. You do not need proof. You are not making an accusation. Anonymous reports are accepted from anyone. Your identity will be kept confidential, and you are protected against civil/criminal penalty or adverse employment action if your report is in good faith. If you reasonably suspect a child is unsafe — report it. You may be the only person to act.

Questions to ask the children:

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Questions to ask the parents:

- Is everyone okay?
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If you suspect it, report it.

This is a time for family, friends and neighbors to help each other. If you have any concerns for a child or a family, call the hotline and leave an anonymous tip. Help is available!

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ESSENTIAL WORKERS



Home delivery, pharmacy, grocery store and other essential workers who are keeping our communities running, are also needed to help keep our children safe. Parents are worried, stressed and stuck at home. Undoubtedly, the rates of abuse and neglect are rising, but the referral sources – schools, youth programs, houses of worship – are closed.

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SCHOOLS



Teachers, counselors, and all school staff members understand the importance of child welfare referrals. Now that the schools are closed, referrals are down. It's doubtful that abuse and neglect is down however, as parents are stressed, worried and stuck at home.

Your contact with students is different, but you can still be their hero.

We need YOU ... to check on the children.

Reporting child abuse and neglect is more important than ever.

While you're conducting online classes, ask how they're doing – emotionally and mentally. Look for signs that the child is scared, unsafe or neglected. If you haven't heard from a student in a few days, call and check in, or do a drive-by or porch visit. Reach out to students you know were at risk before COVID-19 hit our community. If there are any signs that a child or family is overwhelmed, call the hotline. You may be the only person to act.

Questions to ask the children:

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Questions to ask the parents:

- Is everyone okay?
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If you suspect immediate danger, call 911.

Keep protecting the children.

CONTINUE TO BE A SUPPORTIVE, CARING ADULT IN THEIR LIVES.

- Check in regularly with encouraging messages.
- Asked questions to engage children, such as "Give me one word for how you're feeling today."

LOOK FOR SIGNS OF CONCERN.

- Truancy – lack of virtual attendance or uncompleted assignments (for those with internet access).
- No contact with a family after repeated calls or messages.
- You see or hear a possible danger in the child's environment or notice a change in the child's mood or behavior.

MAKE AN EXTRA EFFORT, IF A CHILD:

- Has a history of emotional, sexual, physical abuse or neglect.
- Is responsible for other children, or lives in a stressful family situation.
- Requires assistance due to physical, mental, behavioral disabilities or delays.

YOU ARE LEGALLY RESPONSIBLE ... AND LEGALLY PROTECTED.

- School personnel are mandated reporters. If you suspect something, call the hotline.
- No administrator or supervisor may impede or inhibit any report.
- When you report in good faith, you are protected against civil/criminal penalty or adverse employment action.



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DURANTE LA CRISIS DEL COVID-19...

¿Están los niños seguros en casa?



TRABAJADORES ESENCIALES

Entrega a domicilio, farmacia, supermercado y otros trabajadores esenciales que mantienen nuestras comunidades corriendo, también son necesarios para ayudar a mantener a nuestros hijos seguros. Los padres están más preocupados, estresados y encerrados en casa. Indudablemente, las tasas de abuso y negligencia están aumentando, pero las fuentes de referencias: escuelas, jóvenes programas, casas de culto - están cerrados. *Te necesitamos ... para revisar el bienestar a los niños.*

Reportar abuso y negligencia infantil es una responsabilidad de la comunidad.

Si algo no parece seguro, suena seguro o se siente seguro... repórtalo. Cuando reportas, estás pidiendo un profesional para ayudar a un niño y su familia. Cuando reportas, no necesitas prueba. No estás haciendo una acusación. Se aceptan informes anónimos de cualquier persona. Tú identidad se mantendrá confidencial y usted estará protegido contra sanciones civiles / penales o acción adverso de empleo, si su informe es de buena fé. Si razonablemente sospecha que un niño no está seguro, infórmelo. Puede que seas la única persona que actúe.

Preguntas para hacerles a los niños:

- ¿Cómo se llevan todos hoy?
- ¿Te preocupa algo?
- ¿Qué haces para divertirte?

Preguntas para hacerles a los padres:

- ¿Están todos bien?
- ¿Puedes obtener todo lo que necesitas?
- ¿Necesitas ayuda en este momento?

APRENDA LAS SEÑALES QUE UN NIÑO NO ES SEGURO

ABUSO FÍSICO

- El niño parece asustado del cuidador.
- El niño tiene quemaduras, mordeduras, huesos rotos, moretones, ojos negros o quejas de dolor.
- El cuidador no ofrece ninguna explicación de la lesión de un niño, o culpa al comportamiento del niño.

ABUSO SEXUAL

- El niño se une rápidamente a extraños o adultos nuevos.
- El niño muestra conocimiento o comportamiento inusual para su edad.
- El niño tiene dificultad para caminar o sentarse.
- Un adulto toca inapropiadamente a un niño, mira pornografía con un niño, o le dice cosas sexuales a un niño.

ABUSO EMOCIONAL

- El niño muestra comportamientos extremos o es demasiado agresivo o conforme.
- El niño parece emocionalmente desapegado al cuidador y otros.
- El cuidador culpa, menosprecia o regaña al niño y se niega a ayudar al niño.

NEGLIGENCIA

- El niño ruega o roba comida, tiene muy poca higiene o dice nadie en el hogar brinda atención.
- El niño usa alcohol u otras drogas.
- Situaciones familiares muy estresantes o adultos en el hogar que abusan del alcohol o las drogas.
- Armas o pistolas desbloqueadas en el hogar.

Si lo sospecha, repórtelo.

Este es un momento para que todos nos ayudemos mutuamente. Si tienes algunas preocupaciones por un niño o una familia, llame a la línea directa y deje un informe anónimo ¡La ayuda está disponible!

LÍNEA DIRECTA 1-800-932-0313

Para conectar a una familia necesitada con recursos:

Condado de Lehigh 610-782-3200

Condado de Northampton 610-252-9060

Si sospechas inmediato peligro, llame al 911.



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MIEMBROS DE LA COMUNIDAD

El maltrato y la negligencia infantil es, desafortunadamente, un problema enfrentado diariamente. Pero ahora, en los momentos en cual los padres están más preocupados, estresados y encerrados en casa... estamos viendo una caída significativa en las referencias de bienestar infantil. Indudablemente, las tasas de abuso y negligencia están aumentando, pero las fuentes de referencias: escuelas, programas juveniles, casas de adoración - están cerrados. *Te necesitamos ... para revisar el bienestar a los niños.*

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Preguntas para hacerles a los padres:

- ¿Están todos bien?
- ¿Puedes obtener todo lo que necesitas?
- ¿Necesitas ayuda en este momento?

Si lo sospecha, repórtelo.

Este es un momento para que familiares, amigos y vecinos se ayuden mutuamente. Si tiene alguna inquietud por un niño o una familia, llame a la línea directa y deja un informe anónimo. ¡La ayuda está disponible!

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DURANTE LA CRISIS DEL COVID-19...

¡Continúe de estar a salvo en casa!

PADRES/TUTORES



El COVID-19, es la causa del estrés que enfrentamos por el cierre de escuelas y negocios, la familia se encuentra aislada en una fase de cuarentena con una inestabilidad económica. Durante esta situación los niños son particularmente más vulnerables. Cuando los niños se encuentran cansados, con hambre o con miedo, los niños presentan una reacción natural que es el mal comportamiento. Para algunos este es un mecanismo de defensa para lidiar con situaciones estresantes como lo es el COVID-19. **Cuida a tus hijos. Cuídate a ti mismo.**

¡Está bien pedir ayuda!

No, estás solo. Esta pandemia tiene efectos de largo y corto plazo para todos nosotros, para nuestras familias, amigos y compañeros de trabajo. Por supuesto que sentimos estrés y ansiedad por esta situación. Pero si te encuentras en la situación de sentirse continuamente enojado, enfadado, alterado o abrumado --- Y no sabes qué hacer --- Hay recursos de información, o gente que te puede ayudar durante esta situación.

Preguntas para hacerles a los niños:

- ¿Cómo se llevan todos hoy?
- ¿Te preocupa algo?
- ¿Qué haces para divertirte?

Preguntas para hacerles a los padres:

- ¿Están todos bien?
- ¿Puedes obtener todo lo que necesitas?
- ¿Necesitas ayuda en este momento?

Haz una pausa para tomar un descanso. ¡Te lo mereces!

Un momento de relajamiento puede ayudarte para combatir el estrés y la preocupación. Así como también ayuda a los niños cuando presentan estrés o mal comportamiento.

HAZ ESTO POR TI:

1. Siéntate cómodamente, cierra tus ojos y no hagas nada.
2. ¿En que estas pensando?
3. ¿Qué es lo que sientes?
4. ¿Está tu cuerpo tenso? - ¿Dolor? - Sientes dolor?
5. Enfócate en tu respiración, respira despacio, inhala - exhala lentamente.
6. Cuando te sientas listo.....abre tus ojos lentamente. Pregúntate, ¿Qué puedo hacer con esta situación."

HAZ ESTO PARA TUS HIJOS:

1. ¿Estamos todos bien?
2. ¿Cómo podemos obtener lo que necesitamos?
3. ¿Necesitamos ayuda en este momento?
4. Habla con tus hijos sobre el COVID-19 dales información que se acople a su comprensión. Escucha cuando hablen de sus sentimientos durante esta situación.
5. Protégelos de la información del internet.

La ayuda está a solo una llamada de distancia.

Este es un momento para que todos nos ayudemos mutuamente. Si se siente abrumado, llame a la línea directa del condado y díganos qué necesita. Si conoce a otra familia que necesita ayuda, llámenos para eso también. Este es un problema de la comunidad. Y estamos todos juntos en esto.

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