

25 WAYS TO HELP CHILDREN FEEL SAFE AND SECURE

1. Be available to them.
2. Don't tease or belittle them.
3. Ask them questions. Listen to and affirm their answers.
4. Teach them the difference between safe and unsafe behaviors.
5. Hug them.
6. Learn about the poisonous substances, if any, in your home (cleaning supplies, painting supplies, etc.) and keep them out of reach.
7. If your area has 911 service, teach them how to dial 911 in emergencies.
8. Respect their privacy.
9. Have a family "Fire Escape Plan" and practice it together.
10. Teach them what to do in an emergency.
11. Make sure that their immunizations are up-to-date.
12. Let them fall and be there to help them pick themselves up.
13. Know and work with their teachers.
14. Get to know your neighbors. Work together to make your neighborhood a safe place to live.
15. Let them make choices. Help them learn from their choices.
16. Teach them about appropriate touching behavior. Help them to distinguish what feels right from what feels wrong.
17. Let them know that they can count on you to help, no matter what.
18. Teach them not to play with matches.
19. Educate them about substance abuse, sexual abuse, and "strangers."
20. Know their friends and their friends' parents. Encourage them to choose their friends wisely.
21. Stay calm.
22. Let them know that there are other adults who care about them. Have your own safe network of friends. Make a list of five adults they can go to for help.
23. Feed them when they're hungry. Encourage them to rest when they're tired. Teach them to take good care of themselves.
24. Tuck them in at night.
25. Let them know you love them exactly as they are. Tell them often. Mean it. Act on it always.

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