



Spring
2010

Upcoming Events

Longaberger Basket Bingo

May 16, 2010

Golf Outing

May 10, 2010

ECFC Night with the Blue Rocks

June 3, 2010

Call 610.429.0634 for details

Ten Things You Can Do to Prevent Child Abuse

Be a nurturing parent.

Children need to know that they are special, loved and capable of following their dreams.

Help a friend, neighbor or relative.

Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.

Help yourself.

When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.

If your baby cries...

It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.

Get involved.

Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.

Help to develop parenting resources at your local library.

Promote programs in school.

Teaching children, parents and teachers prevention strategies can help to keep children safe.

Monitor your child's television and video viewing.

Watching violent films and TV programs can harm young children.

Volunteer at a local child abuse prevention program.

For information about volunteer opportunities, call 1.800.CHILDREN.

Report suspected abuse or neglect.

If you have reason to believe a child has been or may be harmed, call your local department of children and family services or you local police department.

Retrieved from www.preventchildabuse.org





The Exchange Club of West Chester is having its annual golf outing for the prevention of child abuse. Join us on May 10 at the Kimberton Golf Club. Check-in is at 12 pm and tee off is at 1pm. The cost is \$90 per golfer and the day includes 18 holes of golf, lunch, beverages, a golf cart, extra golf balls, a buffet dinner, great prizes, and the opportunity to give to a great cause!

ECFC Night with the BLUE ROCKS

ECFC and the Wilmington Blue Rocks invite you to Frawly Stadium on Thursday, June 3 at 7:05 pm to watch an exciting baseball game and support the Family Center's mission to prevent instances of child abuse and neglect in Chester County through education and community awareness while promoting the well being of families and individuals. Reservations must be made by May 17th!

For additional information, please call Voni at 610.429.0634.

Longaberger Basket Bingo

The Turks Head Exchange Club will be hosting a Longaberger Basket Bingo on Sunday, May 16. All proceeds will benefit ECFC. The baskets are gorgeous, the bingo is fun, and the friends you bring offer a great time! The cost is \$25 per person and it includes 20 games, raffle entry, and door prize entry. You bring the snacks, we'll provide the drinks and the desserts!

For tickets, call Kristy Douglas at 484.686.7188

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Did you know...

- Depression and withdrawal symptoms were common among children as young as 3 who experienced emotional, physical, or environmental neglect
- Children who experience rejection or neglect are more likely to develop antisocial traits as they grow up. Parental neglect is also associated with borderline personality disorders and violent behavior
- According to a report from the National Institute on drug abuse, as many as two-thirds of people in drug treatment programs reported being abused as children

The 
Exchange Club
Family Center

