

# Preventing Child Abuse and Neglect During COVID-19

## For Parents and Caregivers

If you are feeling overwhelmed or isolated, stay in contact with family and friends. Feeling connected to others will help reduce stress, anxiety, and frustration.

- ✓ Keep yourself and your children occupied during “shelter in place”; kids thrive on routine and predictability.
  - Try the [At Home Activity Guide for Infants and Toddlers](#), (ZERO TO THREE); [Sheppard Software](#): hundreds of free, educational activities for all ages; and, [Family Activities](#) (Common Sense Media)
  - Take the family outside on a regular basis for exercise and fresh air. Play games, sing songs, tell stories, and dance.
  - Find space for quiet time for yourself and your children.
- ✓ Stay informed about what is happening but manage your news intake and avoid outlets that cause anxiety.
- ✓ If you feel that you or your children are in need of immediate help, call:
  - **952-496-8959**: Scott County Health and Human Services Central Intake (M-F, 8:00 AM - 4:30 PM). Reports made after 4:30 PM and on weekends can be made to local law enforcement or the after-hours response agency, Canvas Health: **952-496-8484**
  - **952-873-4214**: Southern Valley Alliance for Battered Women (SVABW) for 24-hour local Crisis Line
  - **800-273-TALK (8255)**: National Suicide Prevention Lifeline or **text MN to 741741**
  - **952-496-8481**: Scott County Mental Health Center Intake for persons experiencing a mental health crisis or for same day mental health crisis appointments
  - **952-818-3702**: Scott County Mobile Crisis Services for persons experiencing a mental health crisis
  - **911 in case of emergency or immediate threat**
- ✓ If you need information, check out these resources:
  - Together WE CAN: Scott County Work to End Child Abuse and Neglect [Facebook Page](#)
  - [Coronavirus Resources & Tips for Parents, Children and Others](#), (Prevent Child Abuse America)
  - [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#), (Generations United)
  - [Parent/Caregiver Guide to Helping Families Cope with Coronavirus](#), (The National Child Traumatic Stress Network)

## For the Community

During this time of isolation, friends, family members and neighbors need to actively engage in preventing child abuse and neglect.

- ✓ Regularly check in with families who may be at risk
- ✓ Pay attention to the [signs and symptoms](#) of child abuse and neglect
- ✓ Report suspected cases to Scott County Health and Human Services Central Intake at **952-496-8959** (M-F, 8:00 AM - 4:30 PM). Reports made after 4:30 PM and on weekends can be made to local law enforcement or the after-hours response agency, Canvas Health: **952-496-8484**

