

OUR MISSION

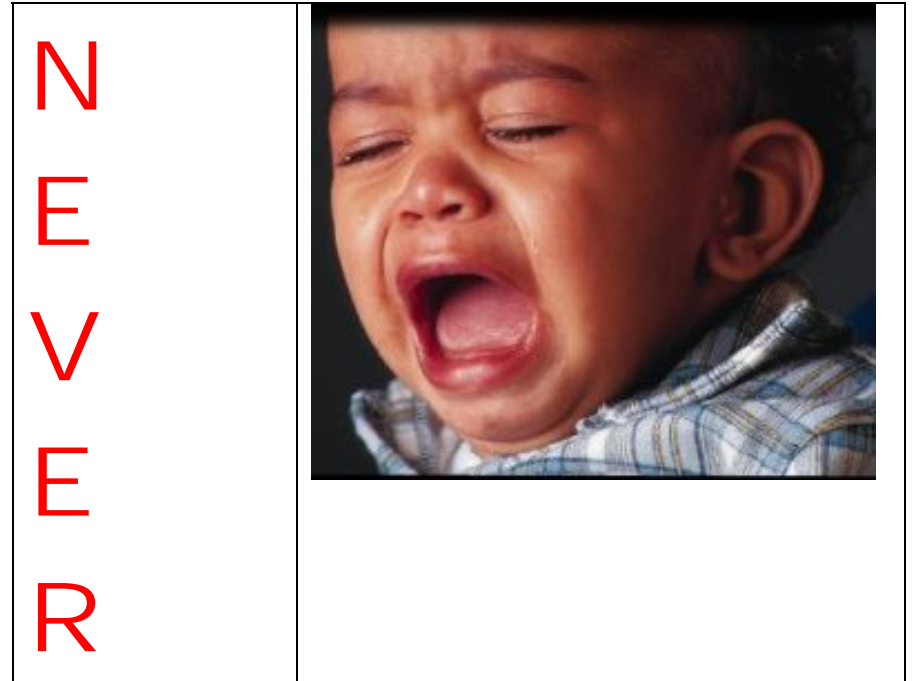
Prevention of child abuse and neglect in all its forms for all children throughout Texas

OUR VISION

Every child is free from abuse and neglect and lives in a community committed to preventing child abuse.

OUR GOAL

Make child abuse prevention a high priority in Texas.



**Prevent Child Abuse
Texas**

13740 Research Blvd. #R-4 Austin, TX 78750

512/250-8438 * 1-800-CHILDREN * 512/250-8733 (fax)

pcatx@preventchildabusetexas.org (e-mail) * www.preventchildabusetexas.org

PCAT is the Texas Chapter of Prevent Child Abuse America

Shake a baby!



**Prevent Child Abuse
Texas**

Shaking a baby
can cause
blindness,
permanent brain
damage, even
death.

**DON'T DO IT!
EVER!**

If you are feeling angry and frustrated, don't take it out on your baby. Instead, STOP:

1. Take slow, deep breaths and count to 10. Better yet count to 20 or more.
2. Lay your baby down on her or his back in a crib or other safe place. It is OK if your baby cries while you calm down.
3. Go to another room or area of the house.
4. Do something physical: shake a rug, vacuum, scrub a floor. Or call a friend or neighbor to sit with you baby so you can get out of house for a while.
5. Or call Prevent Child Abuse Texas, 1-800-CHILDREN, for advice.

Just call.