

# Prevent Child Abuse and Neglect



## Reduce distractions

Balance your activities to be distraction free.

## Prevent accidents

Supervise children at all times; seconds count.

## Keep kids safe

Practice safety — simple steps make a big difference.

*We're in this together.*

To learn more, contact:

- **Military OneSource at 800-342-9647**  
<http://www.militaryonesource.mil>
- **Your installation's Military and Family Support Center**
- **Your installation's Family Advocacy Program**

Visit <http://www.militaryonesource.mil/safe-and-sound>.

**#SafeAndSound**

**Protect our children: supervised, safe and sound**



If you see child abuse or neglect, call your installation's  
Family Advocacy Program  
or the Childhelp National Child Abuse Hotline at 800-422-4453.

