

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.

