

# COVID-19

# Keeping an Eye on Our Kids

***Due to the outbreak of the coronavirus pandemic, reports of suspected child abuse have decreased. With schools closed and other activities cancelled, children have less contact with mandated reporters, like teachers or coaches, who are required to call in suspected child abuse.***



As families struggle to navigate these challenging times, many factors such as health concerns, lack of control, and the fear of the unknown are leading to increased stress, anxiety, and sometimes an increase in the use of alcohol and drugs as coping strategies, but children could face neglect and abuse made worse by these difficult situations.

## How can I help?



Most reports of abuse involve neglect, so finding ways to support families who are stretched too thin - emotionally and/or financially - is critical. Local groups are stepping up to make resources available during this uncertain time, but neighbors and friends can help too:

- Purchase gift cards to local businesses for families for take out meals, groceries, or gas
- Share information about community resources and organizations that help families
- Offer to be phone support while someone is trying to navigate finding the help they need
- If someone is an essential worker, make them a meal or offer child care
- Lend a listening ear, having someone to turn to during stressful times eases the sense of isolation and hopelessness

## What if I suspect something?



Most indicators of abuse are relatively easy to spot in person, from unexplained injuries to drastic mood changes. If you suspect abuse, try to "get some eyes on the kids" to determine if a child is safe.

Try to get a child on a video call or face-time to see if they seem to be eating enough, what their mood is like, or if they show obvious signs of physical trauma.

*Remember, it's not up to you to PROVE the abuse or neglect is happening, it's simply enough to have reasonable suspicion and to be concerned about that child's safety.*

**To report suspected child abuse or neglect in Amador County  
call toll free 1-844-835-3685 or (209) 223-6550.**



**Child Abuse Prevention Council of Amador**  
PO Box 815, Jackson, CA 95642  
(209) 223-5921  
[www.amadorcapc.org](http://www.amadorcapc.org)  
[info@madorcapc.org](mailto:info@madorcapc.org)

**Helping families through  
these difficult times will  
help keep children safe.**