



NORTON
Children's
Prevention & Wellness

Funded by Norton Children's Hospital Foundation



More than
550,000 children
were confirmed
to be abused or
neglected in the
United States
in 2022.

*Many children had
experiences that are
unknown and
unreported.*

100% of
child abuse
is preventable

Learn in this
newsletter how
to identify
abuse and
teach healthy
boundaries to
children.



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TEN-4-FACESp Bruising Rule

TEN-4-FACESp is an acronym used to help screen children under 4 years old for possible abuse. This bruising rule helps identify when a bruise is more likely to be caused by abuse than an accidental injury.

Torso
Ears
Neck

Any bruising on an infant
4 months or younger

Frenulum
Angle of jaw
Cheeks
Eyelids
Subconjunctivae

Patterned bruising





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Childhood sexual abuse

90% of children
are abused by
someone they
know or trust



1 in 4 girls will be sexually abused



1 in 20 boys will be sexually abused

Childhood sexual abuse violates a child's boundary that can affect how they will develop, think, and behave throughout their lifetime. Children often do not ask for help or show signs of being harmed.

Grooming is a process in which an abuser gains contact with a victim while avoiding suspicion from others. Developing trust with both the child and their caregivers is essential, over time leading to the opportunity to sexually abuse their victim.

Examples of sexual abuse include touching or fondling, rape, exposure to sexual material, and indecent exposure.

If you ever suspect a child is being abused or neglected, contact a 24/7 child abuse hotline:

- Kentucky: (877) 597-2331 or (800) 752-6200
- Indiana: (800) 800-5556
- If it's an emergency, call 911



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Childhood neglect

Neglect is the most common form of childhood maltreatment. A child is neglected when their needs are not provided for with the potential for harm.

Examples of neglect include lack of supervision, lack of emotional support, and lack of food or shelter.

Signs of neglect might include consistently having poor bodily hygiene, often showing up to places such as school or church hungry, or appearing to need medical or dental care. Their caregiver may act indifferent to their child, apathetic to their needs, or abusing alcohol or other drugs.



Children living in poverty and with low socioeconomic status experience

5x more abuse and neglect

If you ever suspect a child is being abused or neglected, contact a 24/7 child abuse hotline:

- Kentucky: (877) 597-2331 or (800) 752-6200
- Indiana: (800) 800-5556
- If it's an emergency, call 911

Before leaving your child with a new caregiver...

Has this person ever been known to become physically violent or aggressive with you or anyone else?

Does this person have a history of getting easily frustrated with anyone, including other adults, children, or pets?

Do they misunderstand, become frustrated, or angry with normal childhood behaviors such as crying, toilet training accidents, or messy environments?

Does this person think it is okay to shake, hit, throw, or otherwise harm a child? Have you seen this person handle your child or any other child roughly?

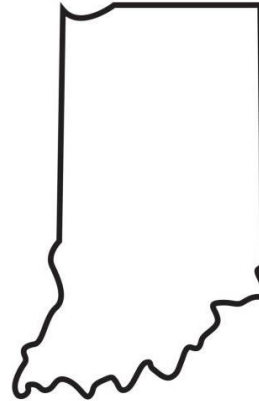
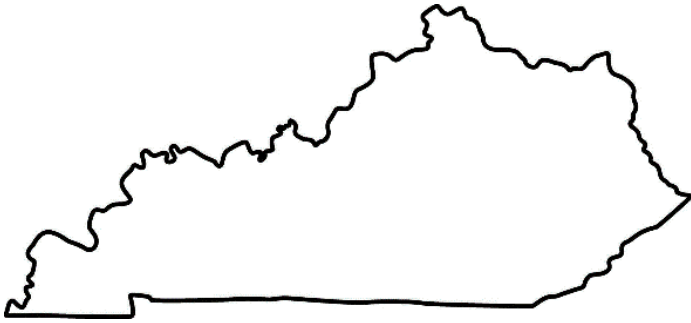
Have you noticed patterned bruises such as handprints, loop marks, or “U” shaped bruises on your child after being in the care of this person? If your infant is 4 months of age or younger, have you noticed ANY bruising/injury, anywhere, after being in the care of this person?

Does this person become upset or jealous of the time and attention you give your child?

If your child is 4 years of age or younger, have you noticed bruising/injury to your child’s torso, ears, neck, angle of the jaw, cheeks, eyelids; bleeding on the white portions of the eye; or injuries inside your child’s mouth after being in the care of this person?

If you answered “yes,” to any one of these questions, please reconsider leaving your child with this person.

All adults are mandated to
report any suspected form of
child abuse in the states of
Kentucky and **Indiana**.



How to make a report in Kentucky

- ✓ (877)597-2331
- ✓ (800)752-6200
- ✓ Call 911 if an emergency
- ✓ Non-emergent reports and more information can be found through www.chfs.ky.gov

How to make a report in Indiana

- ✓ 1-800-800-5556
- ✓ More information can be found through www.in.gov/dcs



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Creating healthy boundaries

We all want our children to learn how to get along with others and have healthy relationships. It is important for children to learn how to respect other's boundaries and let other people know their own personal boundaries. Consent is a big word that means "asking for permission." Teach your child to ask for permission before touching other children and adults. Teach them to listen to the response of other children and adults about hugs, high fives and other kinds of touch.

Kids should feel comfortable saying no when they don't want to be touched. Teaching your child phrases ahead of time may help them communicate their personal boundaries to others. Teach your child to tell you right away if something feels wrong. If you aren't available, they should know to tell another trusted adult.

Teach your child phrases such as :

- Please stop
- You are in my bubble
- I don't like that
- I'm feeling uncomfortable
- I need more space





SAFE SITTER CLASSES

*Learn the skills you need
to be a SAFE SITTER*

What You'll Learn:

- ✓ Safety Skills
- ✓ Childcare Skills
- ✓ Business Skills
- ✓ First Aid Skills*

*while CPR may be discussed or practiced in Safe Sitter Essentials classes, only Heartsaver CPR classes will include a CPR certification



Upcoming Classes

- ✓ Safe Sitter Essentials
 - March 31
 - June 19
 - July 17
- ✓ Safe Sitter with Heartsaver CPR
 - June 9 + 10
 - July 7 + 8

REGISTER NOW



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502-629-7358



NCPW@nortonhealthcare.org



**PARENTS,
GRANDPARENTS &
CAREGIVERS!**

Norton Children's Prevention and Wellness wants to hear from you!

Your input is vital in shaping the future of our community's learning. By completing this survey, you'll help us identify the most important topics in pediatric injury prevention and wellness. Together, we can create tailored programs that empower families to keep children safe and healthy.

TO ACCESS THE SURVEY, SCAN THE QR CODE OR CLICK THE LINK BELOW!

[PROGRAM INPUT SURVEY](#)



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What's Expired?

in Your Medicine Cabinet



Join us for a prescription take back event

Saturday, April 19, 2025

10 a.m. to 2 p.m.

Bring your expired and unneeded medications
to one of these locations
(event will be held in the parking lot):



Norton Community Medical Associates – Audubon
3101 Poplar Level Road
Louisville, KY 40213



Norton Medical Plaza II – Brownsboro
9880 Angies Way
Louisville, KY 40241

Members of law enforcement will be on hand to collect
and safely dispose of items brought to the event. Items do
not need to be in their original packaging.

Participants will get a
free medication lock bag
while supplies last.

The following items will be accepted for disposal:

- Prescription medicine, patches, ointments, lotions and liquids
- Vitamins
- Pet medication
- Over-the-counter medication
- Inhalers
- EpiPens
- Needles (must be capped)

For more information, call **(502) 629-7358**
or email **NCPW@nortonhealthcare.org**.



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Norton Children's offers **free car seat checks** by certified technicians

Schedule your free car seat check:

- ✓ Scan the QR code on this flier
- ✓ Call 502-629-7358
- ✓ Email us at:
NCPW@nortonhealthcare.org



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Upcoming community classes

Safe Baby- Virtual

- ✓ April 10th
- ✓ May 8th
- ✓ June 12th

Safe Sitter with CPR training

- ✓ June 9th at Norton Brownsboro Hospital
- ✓ June 19th at Norton Women's Health and Education Center
- ✓ July 7th at Norton Brownsboro Hospital

Safe Grandparents- Virtual

- ✓ April 22nd
- ✓ June 24th

Safe Kids, Safe Storage- Virtual

- ✓ June 23rd



Scan the QR code to sign up or visit:
www.nortonchildrens.com/prevention-wellness/classes-events/

