

# Ways To Support A Child Exposed To Domestic Violence



## HELP KIDS LEARN WHAT TO EXPECT

Create structure.  
Provide predictability.  
Set clear boundaries.  
Follow-through with consequences.

## HELP KIDS PROCESS

Give children permission along with a safe environment to tell their stories.

Peace

## CARE AND SUPPORT

Provide unconditional love, non-judgmental listening and communicate genuine caring.

Consistency

## TEACH ALTERNATIVES TO VIOLENCE

Help children learn problem solving and conflict resolution skills. Encourage non-violent games.

## UNBURDEN CHILDREN

Remind children often that the violence is/was not their fault.

Safety

## FOSTER SELF-ESTEEM

Remind children often that they are loveable, competent and important.

## STAY CONNECTED WITH YOUR KIDS

Positive adult relationships are an extremely powerful tool in helping kids heal from trauma.

Acceptance

Stability

## IT TAKES A VILLAGE

Encourage your kids to become involved in positive community groups/activities. Such involvement can build confidence and offer positive role models.

Respect

## MAKE TIME FOR YOU

Create opportunities for relaxation; go for a walk, connect with friends, journal, enjoy a peaceful bath. Your parent/child interactions will benefit.

Problem Solving

## BE A ROLE MODEL

Interact with your children in a nurturing, respectful manner. Let them see you setting and achieving goals.

Love

