

# Looking after your children

during  
and  
after



## domestic violence and abuse



## The bully takes control of the victim's life



Someone who is abusive is a bully. A bully might do these things:

- Hit their girlfriend or boyfriend, husband or wife
- Be nasty to their girlfriend or boyfriend, husband or wife

A **victim** is the person that gets hit

A **victim** is the person that gets called nasty names.



The bully says when sex can happen

The bully says when the victim should have a baby



The bully sometimes hits their children badly

The bully sometimes takes their children away from the victim. This is to make the victim sad



The bully takes money from the victim

The bully doesn't buy food or clothes for the children. This is to make the victim and children feel sad.

**The victim may be sad because:**



The children are angry with their mum and dad

The children are upset because of their parents arguing



The victim may feel like the shouting and hitting is their fault

The victim may let the children be naughty

This is because the victim feels sorry for the children



The victim may be tired all the time

The victim can't look after their children because they are tired



The victim may be scared of their children

The victim may be scared of the bully

The victim might forget to look after their children because of this.



The victim might drink too much alcohol or take drugs

They do this because they are stressed

The alcohol or drugs makes them forget about their problems.

## 10 ways to help your child

1



Listen to your child when they talk to you

Give them time to tell you how they feel

Talk and play with your child every day.

2



Tell your child that the abuse is not their fault

Tell them that abuse is wrong

Tell them that hitting other people is bad

Tell them that being nasty to other people is bad.

## 10 ways to help your child (continued)

3



Use simple words when you talk to your children

Let your children play

Try not to talk to them about adult worries.

4



Hug and kiss your children to make them feel loved

Do this everyday even when you don't feel like it.

5



If your children are naughty, talk to them

Listen to what they have to say

Set simple rules for them so they know how to behave.

## 10 ways to help your child (continued)

6



Tell your child “well done” when they have done something good

This will help your child to be confident and happy.

7



Sometimes it is hard to tell your child when they have done a bad thing

Tell them you love them but:

- You don't like it when they break the rules
- You don't like it when they are naughty or unkind to others.

## 10 ways to help your child (continued)

8

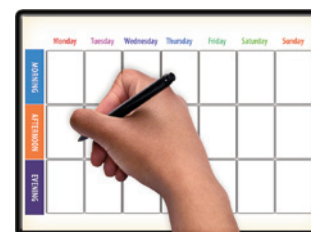


Be calm when you tell your child they are naughty

Take a deep breath and talk slowly

Children who live with shouting and arguing do not listen if you shout at them.

9



A routine is a plan for what your children do each day

It is good to keep some things the same every day, like what time they go to bed

It is good to let your children choose some things. This might be what they would like to eat or wear.

## 10 ways to help your child (continued)

# 10



Children will be unhappy living in a house with an abusive person

They may behave badly because of this

Try to understand them and why they are being naughty.

## Remember

You can be a good role model!



Children will copy their mum and dad

You can be a good role model and a good parent

Your children need you to look after them

You are very important.

## Where to get help

National Domestic Abuse Helpline



**0808 2000 247**

Call anytime day or night

## Websites with more information



[www.bdaf.org.uk](http://www.bdaf.org.uk)

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[www.hideout.org.uk](http://www.hideout.org.uk)

[www.refuge.org.uk](http://www.refuge.org.uk)

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**This version has been adapted to meet the needs of those with learning difficulties. If you would like more copies of this leaflet please contact the Knowledge Resource and Information Service (KRIS) on 0117 900 2568.**

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