

HOW TO SUPPORT

YOUR CHILD AFTER ABUSE



Build Confidence

Let your child know when he/she does something well. Such as, demonstrating kindness or honesty.

EXPRESS SUPPORT

Express love, empathy, and support verbally and physically. Leave kind notes, give hugs, say "I love you."

Allow expression of feelings

Teach your child how to identify and express their feelings and praise them for expressing sadness or anger without acting out.

Be consistent

If you say you will be there, be there. If you say you will listen, listen. This will help your child learn there are people they can trust.

BE PATIENT

Children's reactions to trauma vary. There is no one-size-fits-all solution.

