



## Ways to Help a Child

- 1. A strong, consistent relationship with a competent, caring, positive adult, most likely a parent. Promote attachment between parents and their children.**
- 2. Secure predictable environments – Help children know what to expect and provide a routine for home and school. All children need consistency and routine, but especially those who are exposed to violence.**
- 3. Let children tell their stories – It helps children to be able to talk about the violence in their lives with a trusted adult. Help a child to understand that parents' violence is not the child's fault.**
- 4. Boost self-esteem – Children who live with violence need to hear and understand that they are competent, important and lovable. This is a key factor in a child's resiliency. Research has found that promoting special talents in a child can be very helpful – every child has one!**
- 5. Develop community support – Find and work with other caregivers in the child's life (teachers, child care providers, grandparents, etc.), so that a child has consistent messages and can get additional support.**

