

# *For Parents*

Nurturing children from abusive homes can bring healing to their lives. In giving needed love and care to children, it is important for a parent to reflect these essentials:

## *Trust and Respect*

Acknowledge children's right to have their own feelings, friends, activities and opinions. Promote independence and allow for privacy. Respect their feelings for the other parent. Believe in them.

## *Provide Emotional Support*

Take and act so children feel safe and comfortable expressing themselves. Be gentle. Be dependable.

## *Provide Physical Security*

Provide healthy food, safe shelter and appropriate clothing. Teach personal hygiene and nutrition. Monitor safety. Maintain a family routine.

## *Provide Discipline*

Be consistent; ensure that rules are appropriate to age and development of the child. Be clear about limits and expectations. Use discipline to give instruction not to punish.

## *Give Time*

Participate in your children's lives, in their activities, school, sports, special events, celebrations and friends. Include your children in your activities. Reveal who you are to your children.

## *Encourage and Support*

Be affirming. Encourage children to follow their interests. Let children disagree with you. Recognize improvement. Teach new skills. Let them make mistakes.

## *Give Affection*

Express verbal and physical affection. Be affectionate when your children are physically or emotionally hurt.

## *Care for Yourself*

Give yourself personal time. Keep yourself healthy. Maintain friendships. Accept love.