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**
Participant 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 you children are physically or emotionally hurt.

**Care for Yourself**

– Alabama Coalition Against Domestic Violence (http://www.acadv.org/)