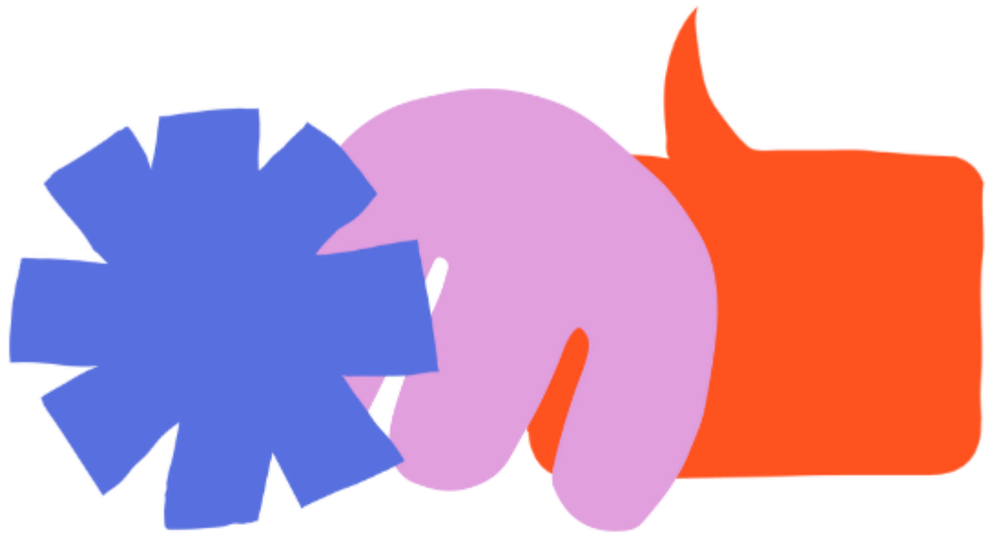
CENTRE AGAINST VIOLENCE



Love & care for your children

Nurturing Children

TRUST AND RESPECT

Acknowledge children's right to have own feelings, friends, activities and opinions • Promote independence • Allow for privacy • Respect feelings for other parent • Believe your children.

PROMOTE EMOTIONAL SECURITY

Talk and act so that children feel safe and comfortable expressing themselves • Be gentle • Be dependable.

CARE FOR YOURSELF

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

PROVIDE PHYSICAL SECURITY

Provide food, shelter, clothing • Teach personal hygiene and nutrition • Monitor safety • Maintain a family routine • attend to wounds.

GIVE AFFECTION

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

PROVIDE DISCIPLINE

Be consistent • Ensure rules are appropriate to age and development of child • Be clear about limits and expectations • Use discipline to give instruction, not punish.

ENCOURAGE AND SUPPORT

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

GIVE TIME

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

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www.centreagainstviolence.org,au

Adapted from the
DOMESTIC ABUSE INTERVENTION PROGRAMS
www.theduluthmodel.org