SOLATION Controlling access to peers/ idults, siblings, other parent, irandparents ABUSE name calling ren as confidents ren to get or give to other parent insistent ing children VIOLENCE CHOKING INTIMIDATION USING INSTITUTIONS Instilling fear through looks, actions, gestures, property Threatening punishment destruction with/by God, courts, police, school, juvenile Using adult size Yelling detention, foster homes, · Being violent to other relatives, psych wards parent, pets, etc. **USING ADULT PRIVILEGE** Treating children as servants · Punishing, bossing, PUSHING **ABUSE** always winning · Denying input in visitation and custody decisions OF Interrupting **CHILDREN EMOTIONAL ABUSE THREATS** Put downs, name calling · Threatening abandonment, suicide, physical harm, Using children as confidants Using children to get or give confinement, or OMILIH OMHONIO **ECONOMIC** information to other parent harm to other loved ones ABUSE Being inconsistent Shaming children Withholding basic needs, using money to control behavior Squandering family money Withholding child support Using children as an economic bargaining chip in divorce

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FOR YOUR CHILDREN AL SECURITY AND CARE TRUST AND RESPECT · Acknowledge children's right to have own feelings, friends, activities and opinions Promote independence Be gentle Allow for privacy Be dependable Respect feelings for other parent CARE FOR YOURSELF PROVIDE PHYSICAL Believe your SECURITY children · Give yourself personal time · Keep yourself healthy Provide food, shelter, clothing · Maintain friendships Teach personal hygiene and Accept love nutrition Monitor safety Maintain a family routine Attend to wounds NURTURING CHILDREN PROVIDE DISCIPLINE **GIVE AFFECTION** Be consistent · Express verbal and Ensure rules are appropriate to physical affection age and development of child · Be affectionate when your Be clear about limits and children are physically or expectations emotionally hurt **ENCOURAGE** GIVE TIME Use discipline to give AND SUPPORT instruction, not punish, Participate in your children's lives: · Be affirming Encourage children to activities, school, sports, follow their interests special events and days, celebrations, friends · Let children disagree Include your children in with you AND CARE Recognize improvement your activities FOR YOUR CHILD · Teach new skills Let them make mistakes

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