

Equally Safe Falkirk

Working together to help families to heal from domestic abuse and improve family functioning

Impact of Domestic Abuse on my child

As a parent, you will have done your utmost to protect your child from the impact of the domestic abuse you are experiencing.

Often in a home where there is domestic abuse, the children are aware and will see or hear what is happening despite your efforts to shield them.

We can help.

Your child might see or hear:

Shouting, arguing, threats, crying, violence, physical injury, objects being thrown or broken.

Your child might feel:

Scared, angry, confused, unsafe, powerless, guilty, blame themselves, alone, insecure or shame.

The impact on your child:

Poor mental/ physical health, attachment issues, become withdrawn, aggressive, bed-wetting, substance use, difficulty making or keeping friends, disengaged from education, wariness of strangers or adults, difficulty sleeping, nightmares, flashbacks, development issues, eating disorders or self-harm.

How you might feel:

Worried that you will be blamed or not a good parent, scared of losing your children if you ask for help.

Be assured that this is not the case.

By acknowledging what is happening and reaching out for support, you are being a responsible parent.

The abuse you are experiencing is not your fault.

It is important that you are supported so that you can be there for your children, to keep them safe and help them heal.

What you can do:

Talk to your child (if they are ready and willing to talk), listen to their views, reassure them that they are not to blame, be honest about what is happening (in a way that doesn't frighten them). It can be less daunting for a child to open up about their feelings if you talk to them whilst doing an activity together, such as drawing or playing a game.

Contact us for more information and help

01324 632903

forthvalleyservices@barnardos.org.uk

<https://equallysafefalkirk.co.uk>