

Talking to your child about
**domestic violence
and abuse**

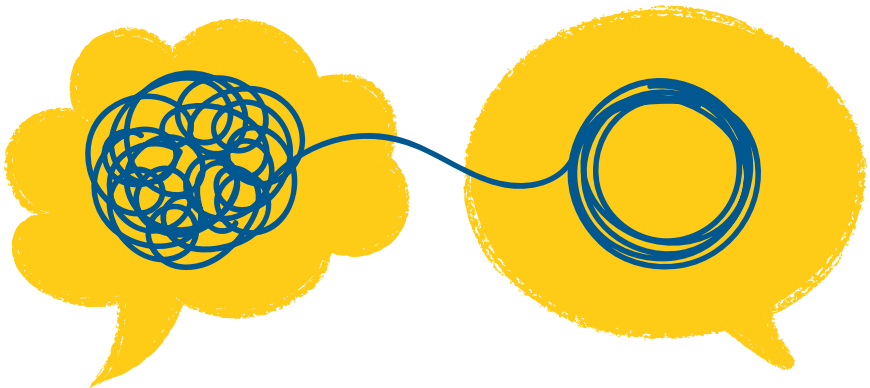


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Talking to your child about domestic violence and abuse (DVA) can feel like a very difficult thing to do. However, understanding what is happening helps your child's emotional wellbeing and helps them know how to keep safe.

There may be different stages to your conversation and to your child's understanding. Starting a conversation and leaving space for your child to come back and ask questions will help them develop their understanding over time.

Planning ahead can help you feel more confident. This leaflet provides examples of questions, feelings and thoughts that you and your child may experience.



There may have been many changes in your child's life as a result of DVA and understanding why these things have happened is important.



Why do I need to talk about this?

Why am I not seeing daddy anymore?

Sometimes daddy is fun, sometimes he's scary

???

Did I do something that made him cross?

Why did the police come?

Things to remember:

- ✓ Be honest and open
- ✓ Acknowledge your child's feelings
- ✓ Give age-appropriate information
- ✓ Try and stay in control of the narrative – be aware of your child overhearing adult conversations

Daddy got cross and hit mummy, that's why the police came to talk to him

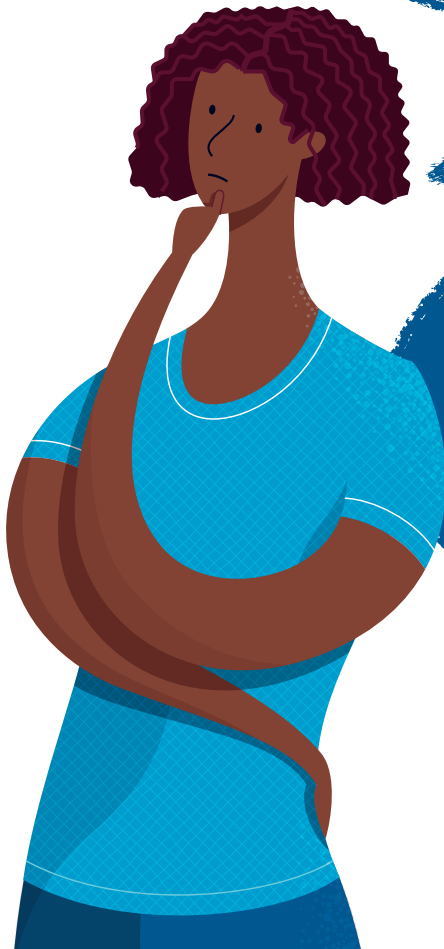
Daddy was scary

Yes, you must have been very scared



Am I ready?

You may need emotional or practical support before you feel ready to start conversations about DVA. Think about who could be a support - you will find a list of organisations that might be helpful at the end of this leaflet.



Are there people that can support us?

Do I need to talk about this more before I'm ready to talk to my child?

I know they still love their dad, I don't want to turn him into a monster... will my feelings let me

Will it be ok if I get upset, or if my child gets upset?

Starting


Think about the main things you need your child to know, and share these with other people caring for your child so they can be consistent.

For example:

I want my child to know that we are not going to see daddy for a while, abusive behaviour is not acceptable and I love my child and will keep them safe.

Main messages:

- ✓ We are not going to see daddy for a while
- ✓ Abusive behaviour is not acceptable



Remember the other night when daddy was shouting and kicked the door and we were both very scared? I want to let you know what's going to happen...

Can I ask you some questions?

Ongoing

Conversations about safety and your child's relationship with their parent will be ongoing. Being ready to talk will help your child feel confident coming to you with questions, concerns and feelings.

We will think
about how you can
see daddy safely

Don't forget our
plan not to share
our address!

If daddy's here
and you are
scared, it's okay
to call 999

Let's think
about how we
stay safe on
social media...





If you would like to talk to a professional for advice and support, contact:



Bright Start Islington (children aged 5 years and under), call **020 7527 5959**



Early Help Family Support Service (children aged 5-19 years), call **020 7527 4343** or



email **early.help@islington.gov.uk**

If you are experiencing domestic abuse,

call **999**. If you are unable to speak, call **999** then press **55** when the call is answered. This alerts emergency services that you are in danger and need police assistance. In non-emergency cases or for general advice, call **101**

If you are worried about domestic abuse affecting your family,



call the Children's Services Contact Team on **020 7527 7400**

If you are worried about domestic abuse,



call Solace in Islington on **020 3795 5070** or **advocacy@solacewomensaid.org**
(Monday-Friday 9am-5pm)

If you are worried that your behaviour may be abusive,



call DVIP on **07501 722 611** or **07484 920 003**