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Make sure not to assume that younger children cannot recollect key events that have happened. Sometimes, when adults assume a child is not listening or is asleep, they could have been listening to everything. At times children can remember different parts of things that happened. If it is a vague 'sense' or brief memory, use this as a way to bring-up a discussion about that time if they are comfortable to do so.

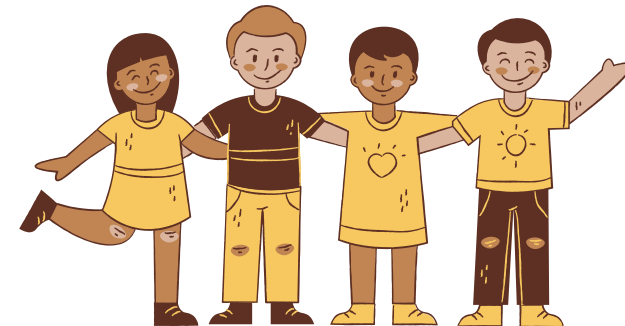
Even though it is hard sometimes, try to acknowledge what feelings of anger or hurt belong to you, and what other types of feelings might be your child's. For example this can happen when children say that they miss the person using violence.



My "lets talk about the domestic violence" checklist.

- ☒ Do I feel comfortable talking about this right now/today, and do the children?
- ☐ Is this a safe place to have this talk for everyone?
- ☐ Can I be kind, honest and understanding at the same time with whatever is said right now?
- ☐ Do I have self-care strategies in place for us all after this talk?
- ☐ Do I need time to think or do I already know how and what I would like us to discuss?
- ☐ Am I prepared to handle any answer that my child gives?
- ☐ Have I reminded my child that no matter what is said I love them regardless?
- ☐ Am I able to be open to stepping into my child's shoes while I listen to what they have to say today?

**Some tips,
hints and ideas
for talking to
my child about
our shared
experience of
domestic
violence.**



We acknowledge the Traditional Custodians of the land on which we live and work. DVAC is an inclusive service to all eligible members of the community experiencing domestic, family and/or sexual violence. People from all religions, ethnicities, LGBTQI, ages and abilities are welcome.



Some tips, hints and ideas for talking to my child about our shared experience of domestic violence.

