

EVERYDAY ACTIONS CAN MAKE A BIG DIFFERENCE IN YOUR CHILD'S LIFE.



You want the best for your children. You are trying to keep them safe and healthy while they grow. Still, it's hard being a parent. It's even harder when your family has experienced violence. There are simple, powerful ways to connect with your children to help them feel loved.

You might be a child's parent, guardian, extended family member, or caregiver. No matter who you are to them, you can be someone who makes a big difference. You can help them thrive.



If you are worried about your children or things seem to be getting harder, try the resources below.

National Domestic Violence Hotline:
1-800-799-SAFE (7233) | TTY 1-800-787-3224
or Text "START" to 88788

A Call For Change helpline: Call 1-877-898-3411
or email Help@ACallForChangeHelpline.org
(Supports people to be safe partners.)

Teen Dating Abuse Resources:
1-866-331-9474 or text LOVEIS to 22522
Live chat online at loveisrespect.org

StrongHearts Native Helpline:
Call or text 1-844-7NATIVE (1-844-762-8483)

Childhelp Hotline: Call or text 1-800-422-4453
Live chat online at childhelphotline.org

Substance Abuse and Mental Health National
Helpline: 1-800-662-HELP (5347)



**Promising
Futures**

FUTURES
WITHOUT VIOLENCE

promising.futureswithoutviolence.org

The development of this document was supported by Grant Number 90EV0532 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Points of view in this document are those of the authors and do not necessarily reflect the official positions or policies of the U.S. Department of Health and Human Services. Copyright © 2025 Futures Without Violence. All rights reserved.

EVERYDAY MAGIC

7 Ways Parents &
Caregivers Can Help
Children Affected by
Family Violence

Ages 10–12



**Promising
Futures**

7 EVERYDAY ACTIONS

Pre-teens find comfort in routines, peer connections, and having the chance to be independent. When there has been violence in the family, children are affected in different ways. Every culture has practices that support children. What are some ways your family and culture support the children in your life?



YOUR WELL-BEING IS IMPORTANT, TOO!

1

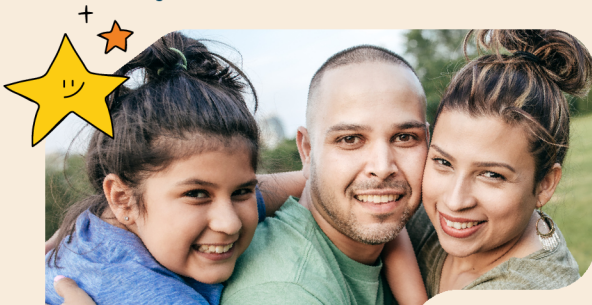
Support healthy friendships. Help your child identify peers who make them happy and whom they can trust. Help your child through tough social situations. Be aware of the risk of bullying and peer pressure at this age.

2

Help build their self-esteem by offering praise. Let them know you love and respect who they are. Your family's cultural traditions can be a source of pride and self-confidence. Try to find activities that help them feel successful.

3

Show your child that you love them. Some families talk about what they love about each other, while others use hugs or kisses. Even though they may not seek you out for comfort, they still need it.



There are simple, powerful ways to connect with your children to help them feel loved.

4

Try to be patient. At this age, some children will start puberty. It brings many physical changes and big emotions. Try not to take things personally. Even if they seem to be pushing you away, they need you now more than ever.

5

Try to follow a routine to help them feel secure. Help them know what to expect whenever possible. Some families follow a consistent bedtime. You can also ask them what would help them feel safer or more comfortable.

6

Set clear rules and expectations about behavior and responsibilities. Pre-teens may test limits and seek independence. Try to be calm and consistent in your responses.

7

Reach out and accept help from others. All caregivers can benefit from receiving support. For some, it may be a church group. For others, it may be a therapist. Or, it may be asking a trusted person for a break to go for a walk or a nap. You can also help someone when you feel strong enough to do so.

Caring for a pre-teen is rewarding and demanding. Taking time for yourself is important. Try these tips:

- Identify supportive friends or family who you can be real with, and spend time with them.
- Be open with your child about how you care for yourself. It will show them how to care for their own well-being.
- Try to focus on sleep, eating regularly, and moving your body in ways that feel good to you.
- Have a plan to get help. If you start to have a hard time or things get worse, reach out to a trusted friend, your doctor, or a hotline.
- Focus on your own healing, whatever that looks like. Know that if you get stronger after hard times, your kids will find it easier to do the same.