

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

National Maternal Mental Health Hotline:
Call or text 1-833-TLC-MAMA (1-833-852-6262)

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 3–5



**Promising
Futures**

7 EVERYDAY ACTIONS

Toddlers get comfort from routines, connection, and affection. When there has been violence in the family, toddlers can be affected even though they are so young and may not have seen anything. Every culture has practices that support connecting with children. What are some ways your family and culture support the children in your life?

1

Spend time with your child and enter their world. Some families play, sing, cook, dance, read, or make art together to have fun and help reduce stress.

2

Help your child name their feelings. Model this by telling them how you feel. This will show your child that it is okay to have feelings and to talk about them.

3

Comfort your child to help them calm down when they feel scared or upset. Practice taking deep breaths together. Some families hug a stuffed animal, cuddle, sing, or pray together.

4

Create moments of calm and follow a routine whenever possible to help your child feel secure. Try to help your child know what is coming next. Some families snuggle, read books, or tell stories at night to help kids wind down from the day.

5

Listen to your child. Giving children your full attention helps them feel important. It makes them feel seen and heard.

6

Show affection to help children feel cared for. Some families use words like "I love you," while others cuddle, hug, hold hands, or kiss.

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 to watch the kids so you can take a walk or nap. You can also help someone else when you feel strong enough to do so.



YOUR WELL-BEING IS IMPORTANT, TOO!

Caring for children is hard work – it can be physically and emotionally exhausting. Taking time for yourself is important. Try these tips:

- Find activities you enjoy and that don't have to do with providing care for a child.
- Try to focus on sleep, eating regularly, and moving your body in ways that feel good to you.
- Aim for a bedtime routine for your children to help you enjoy some downtime.
- 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 healing, whatever that looks like. Know that if you get stronger after hard times, your kids will find it easier to do the same.



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