

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



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 6-9



Promising Futures

7 EVERYDAY ACTIONS

Children find comfort in routines and support to help them figure out their feelings. When there has been violence in the family, children are affected in different ways. Every culture has practices that support connecting with children. What are some ways your family and culture support the children in your life?

1 Help your child feel safer by letting them know you're doing everything you can to keep them safe. Make your home as calm as possible. Support your child in whatever ways feel right for your family.

2 Give them space to express their feelings and make sense of their experiences in their own time. Some children draw pictures or play pretend about what scares them or how they are feeling. Others may have questions about what happened. Try to answer honestly, using words they can understand.

3 Make time for fun. Find activities your child enjoys. Try to encourage play with other kids or family. Encourage them to do the things that make them feel confident.

4 Create moments of calm and follow a routine whenever possible. Help your child know what's coming next. Some families snuggle, read books, or tell stories every night to help kids wind down from the day.

5 Spend time with your child every day. Just 10 minutes of one-on-one time can help you stay connected with your children. When spending time together, some families show love through hugs, words, or silly play.

6 Notice how your child deals with stress. Some children may want to be alone, and others may not. Give your child space while reassuring them that you are there to help.

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.



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



YOUR WELL-BEING IS IMPORTANT, TOO!

Caring for children is rewarding and demanding. 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.
- Identify supportive friends or family who you can be real with, and spend time with them.
- 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 healing, whatever that looks like. Know that if you get stronger after hard times, your kids will find it easier to do the same.