

# 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](mailto: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](http://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](http://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: Call or text 1-800-662-HELP (4357)



## Promising Futures



[promising.futureswithoutviolence.org](http://promising.futureswithoutviolence.org)

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# EVERYDAY MAGIC

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

Ages 0-2



## Promising Futures



# 7 EVERYDAY ACTIONS

Babies find comfort in routines, one-on-one attention, calm voices, music, touch, and being held and rocked. When there has been violence in the family, babies can be affected even though they are so young and may not have seen anything. Every culture has practices that support calming babies when they are upset. What are some ways your family and culture support the children in your life?



## YOUR WELL-BEING IS IMPORTANT, TOO!

**1** Create moments of calm and safety whenever possible. Some families use music, soft voices, and carry their babies.

**2** Create a routine. Keeping the same schedule and habits as much as possible will help your baby feel safe and secure. Some families bathe in the morning or before bed. Others try to keep a regular sleep schedule.

**3** Soothe your baby when they are upset. Some families believe "crying it out" is best. However, babies need attention from adults or older children to let them know they are loved and safe. Some families pick their babies up, sing to them, or enjoy quiet time together.

**4** Practice strategies that help you get calm. Children learn how to soothe themselves by watching other people. Talk to your family about what practices would work for them. Some families count to 10, take deep breaths, pray, or splash water on their face.

**5** Encourage playtime. Life is full of demands, especially when there has been abuse in the family. Everyone needs some playtime to be silly and have fun, even adults!

**6** Show affection to help children feel cared for. Some families use words like "I love you," while others cuddle, hug, 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.



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

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

- Be gentle with yourself and take things slow. It's normal to feel frustration, anger, and sadness sometimes. What kind words of support would you offer a friend? Say them to yourself.
- Identify supportive people 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.