BUILDING RESILIENCY: CHILDREN EXPOSED TO DOMESTIC VIOLENCE

**SUPPORT THE SAFETY & STABILITY OF THE CAREGIVER & CHILDREN**

Supporting the non-abusive caregiver is essential for children to be and feel safe. Help the non-abusive caregiver take care of themselves and their child(ren) by offering safety planning, economic resources and community referrals in empowering, non-shaming ways.

**VALIDATE CHILDREN’S FEARS, FEELINGS & EXPERIENCES**

Children exposed to domestic violence may have a lot of confusing feelings and fears. Be sure to not minimize, deny or ignore their concerns about their family’s safety. Listen and validate what they choose to share with you.

**CREATE CONSISTENCY, ROUTINE & STRUCTURE**

The instability and uncertainty of domestic violence can cause stress for children exposed. Stability and structure can positively support a child’s ability to grow and heal safely. Facilitate daily routines and scheduled activities that children can predict and appropriately depend on.

**ENCOURAGE UNINTERRUPTED QUALITY TIME & CAREGIVER-CHILD BONDING**

In their experience of surviving domestic violence, the non-abusive caregiver and child(ren) may have had limited opportunities to bond. In your role, encourage the non-abusive caregiver and child(ren) to spend safe, interactive quality-time together, without the interruption of abuse.

**CELEBRATE FAMILY’S STRENGTH & CULTURAL PRIDE**

Many families surviving domestic violence find strength in their cultural traditions, celebrations and rituals. Support the non-abusive caregiver and child(ren)’s sense of belonging and family pride by learning and supporting their own family activities.

**PRIORITIZE & UNDERSTAND THE CHILD’S PERSPECTIVE**

Children experience trauma very differently from adults. Avoid generalizing or labeling children’s behavior as “bad” and become familiar with how the exposure to domestic violence impacts child development and behavior.

For more information about the Georgia Coalition Against Domestic Violence, please visit gcadv.org