

## WHEN YOUR CHILD NEEDS MORE SUPPORT



for  
Women

*When children have been through difficult and stressful times like living with violence and experiencing marital separation, there is a lot a mother can do to help them get through it all. In this resource, there are some ideas:*

- use the “Everyday Essentials” of parenting (page 32 and page 36)
- help your child or teen move away from unhealthy coping and move towards healthy coping strategies (page 44)
- review the specific suggestions for children of each age group who have lived with violence (pages 50 to 57)
- practise good discipline techniques at home (page 60)
- work to heal the bond with your children if it has been affected by the violence (page 64)
- do what you can to ensure your children’s contact with your ex-partner does not place them at risk (page 66)

Even so, some children or teens will be having problems that suggest you should consult a professional. Seek assistance when your child’s concerning behaviour:

- poses a risk to your child's safety or the safety of others
- poses a risk to you because he or she is assaulting you.
- is intense enough to interfere with day-to-day adjustment at home or school
- is intense enough to interfere with the well-being of your other children, or the children at school
- is creating stress for you that compromises your well-being
- does not respond to consistent use of basic parenting strategies



Your advocate or group leader can suggest an agency in your area to get a mental health assessment for your child. This is the first step in finding the most appropriate intervention.



This website helps parents find the nearest children’s mental health centre in Ontario:

**[www.parentsforchildrensmentalhealth.org](http://www.parentsforchildrensmentalhealth.org)**