

Who controls PREGNANCY decisions?

Ask yourself. Has my partner ever:

Told me he would hurt me if I didn't do what he wanted with the pregnancy (in either direction—continuing the pregnancy or abortion)?

- ✓ If you answered YES to this question, you are not alone and you deserve to make your own decisions without being afraid.
- ✓ If you need help, talk to your health care provider about using their phone to call domestic violence services—so your partner can't see it on your call log.

Taking Control Back

Referrals Can Help

Getting support for yourself and your children can help you move toward a healthier future—even the smallest step is something to celebrate.

While local and national domestic violence programs can help with safety planning and provide referrals to safe shelters, they also provide services for women who may not want or be ready to go to a shelter. Many programs have:

- ✓ Drop-in support groups for women and programs for children.
- ✓ Classes to build confidence, plan for the future and support your parenting—call your local program to find out what is available.

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FuturesWithoutViolence.org



The American College of
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WOMEN'S HEALTH CARE PHYSICIANS

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If you are feeling frustrated or angry with your child and just need to talk...

For confidential help call:

**Child Help
1-800-422-4453**

If you are being hurt by a partner, it is not your fault. For help, call:

**National Domestic Violence Hotline
1-800-799-7233
TTY 1-800-787-3224**

**Sexual Assault Hotline
1-800-656-4673**



**Safe Homes,
Safe Babies:
Creating Futures Without Violence**

How is it Going?

All moms deserve healthy relationships. Ask yourself:

- ✓ Do I feel respected, cared for and nurtured by my partner?
- ✓ Does my partner give me space to be with friends or family (or to take breaks from the baby)?
- ✓ Does my partner support my decisions about if or when I want to have more children?

If you answered *YES* to any of these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, longer life, and better outcomes for children.

On Bad Days?

Is my relationship unsafe or disrespectful? Ask yourself:

- ✓ Does my partner shame or humiliate me?
- ✓ Does my partner threaten me, hurt me, or make me feel afraid?
- ✓ Does my partner make me do sexual things I don't want to do?

If you answered *YES* to any of these questions, you don't deserve to be hurt and your health care provider can support you and connect you to helpful programs.

Coping Strategies

How is your health? How are you coping? Ask yourself:

- ✓ Do I feel so sad I can't get out of bed? Or take care of the baby?
- ✓ Am I smoking more to try and calm myself?
- ✓ Am I using alcohol, prescription medications, or other drugs to make the pain go away?
- ✓ Do I ever feel so sad that I have thoughts of suicide?

If you answered *YES* to any of these questions, it may be the result of chronic stress. Talk with your health care provider right away about how to get help.

Parenting is Hard Work

Parenting after being hurt by someone you know and love can make the work even harder. Many parents who were abused as children or adults can be 'triggered' easily, quick to anger, have less patience and have more anxiety.

These are learned responses to what happened, but there are strategies to make it better:

- ✓ If you feel frustrated, gently place the baby in the crib while you catch your breath in the next room.
- ✓ If you feel unsure about your partner's ability to handle their frustration with the baby, don't leave the baby alone with them.
- ✓ Find a safe person that you can call to take a break if you are frustrated with your baby and call your health care provider for support.

