

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 may provide services for women who may not want or be ready to go to 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.

Safety Planning

If your safety is at risk:

1. Teach your kids to call the police if you are in immediate danger. Teach them to give their name, say someone is being hurt and they need help.
2. Prepare an emergency kit in case you have to leave suddenly with: money, checkbook, keys, medicines, a change of clothes, and important documents.
3. Create a safety plan with your kids: *“Don’t ever try and stop the fighting. Go to your room or neighbor’s house like we planned.”*

National confidential hotlines can connect you to your local resources and provide support:

For free help 24 hours a day, call:

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

**Teen Dating Abuse Hotline
1-866-331-9474**

If you have concerns about parenting or need support call:

**Childhelp National Child Abuse Hotline
1-800-4-A-CHILD (1-800-422-4453)**



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Healthy Moms, Happy Kids

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 kids)?
- ✓ Does my partner support my parenting and care of the kids?

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 your relationship affecting your health and how you parent?

Ask yourself:

- ✓ How is my partner treating me and the kids?
- ✓ In the past year has my partner hurt me or made me afraid?
- ✓ Or tried to get me pregnant when I didn't want to be, to control me?

If you are worried about pregnancy, your doctor can give you birth control he doesn't have to know about. Knowing more about steps to take if your relationship is unhealthy supports you and your kids.

How Are Your Kids Doing?

Studies show that, kids who live in homes where their mother has been hurt, are at greater risk for child abuse and more likely to experience learning and behavior problems (e.g. asthma, obesity, and headaches), chronic health problems, and to drop out of school.

1. Let them know it isn't their fault.
2. Keep an open door for when your child is ready to talk.
3. If your kid's behavior concerns you, consult your child's health care provider for referrals and support.

Helping Kids

There are simple things you can do to help support your child be healthier and happier:

- ✓ Read, play, praise and laugh with your child.
- ✓ Help your child talk about how they are feeling and find the words to describe their emotions.
- ✓ Help your child find something they are really good at to build their confidence.

Write down 3 positive things you did today with your child. You'll be able to see how your choices help you to be a better parent and help your child thrive.

