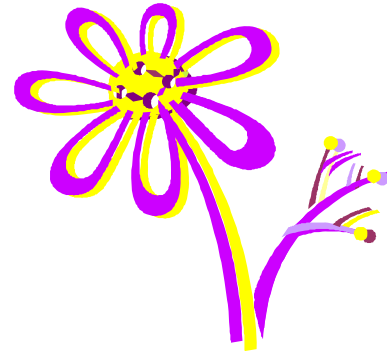


SUPPORTING YOUR CHILD AFTER THE ASSAULT

WHAT YOU CAN DO TO HELP YOUR CHILD...

- * Let your child know that you believe him/her.
- * Tell them that it is not their fault.
- * Understand that your feelings are separate from your child's
- * Listen to them and do not tell them how they should be feeling.
- * Do not ask lots of why questions or force your child to answer questions about the abuse.
- * Tell your child they will have many different feelings about the abuse and that all their feelings are okay.
- * When possible, keep things the same at home.(ie. family dinner, chores, routines)
- * Don't forget about your other children and how they may be feeling about the abuse.



**THIS IS HARD WORK FOR ANY PARENT AND YOU
AND YOUR CHILD MAY NEED ADDITIONAL SUPPORT TO GET THROUGH THIS TIME**

THE FOLLOWING COUNSELLING SERVICES ARE AVAILABLE

- * Family and Youth Clinic (Peterborough Regional Health Centre) **(705) 876-5114**
(We will assist you with this referral)
- * Kinark Child and Family Services **1-800-386-6561** (Peterborough)
 1-888-454-6275 (Cobourg)
- * Peterborough Youth Services (age 10-19) **705-743-1681**
- * Community Counseling and Resource Centre – **(705) 742-4258** or **1-800 –274-1611**

REMEMBER... CHILDREN RECOVER BEST WHEN THEIR PARENTS AND CAREGIVERS

- * **BELIEVE THEM**
- * **LISTEN TO THEM WITHOUT JUDGING**
- * **GIVE THEM POSITIVE SUPPORTS**

IT IS THE MOST IMPORTANT THING YOU CAN DO FOR YOUR CHILD