

VIOLENCE AT HOME AFFECTS CHILDREN

FAMILY
VIOLENCE
—IT'S NOT **OK**

IT'S **OK** TO HELP

Your children are affected by adult violence in the home whether they see it, hear it or just know about it.

This could be shouting and put downs or punching and smashing.

Violence at home makes children feel scared and alone. It can affect the way they behave and lead to problems at school or with their friends.

Children need to be cared for and feel safe at home.

Children are harmed if they get caught up in violence between adults or if they become the target of violence.

If your children are experiencing or witnessing family violence they need help.

Children need love, care and attention to become happy, stable adults. Violence free homes help children to grow up healthy and happy.

CHILDREN NEED:

- someone to talk to
- to know it's not their fault
- understanding about how violence affects them
- help to manage their feelings about the violence
- help to be non-violent themselves
- the violence to stop.

CHILDREN:

- are not tough
- are not 'too young to notice'
- do not just 'get over it'.

WORDS
—TRUTH—
CHILDREN
OOH

Get help now.
Talk to someone.

If you want to talk to someone about your child's safety or the violence in your family you can call the It's not OK information line **0800 456 450** to find out about help that's available in your area.

IT'S NOT OK INFORMATION LINE
0800 456 450

If you suspect children are being harmed or are worried about a child call Child, Youth and Family on **0508 FAMILY** (0508 326 459).

If you think your children are in immediate danger call the Police on **111**.



areyouok.org.nz

New Zealand Government

For a child listening behind a closed door, their mother's screams can be the most frightening thing in the world.

"I saw my dad push my mum in the wall. I didn't see it all cause I went next door. The man let me stay."
5 YEAR OLD BOY

"My eyes stay awake (at night). My dad might kill my mum in the night. He hit her bad before. There was a lot of blood."
4 YEAR OLD BOY

RESEARCH SHOWS THAT CHILDREN ALWAYS KNOW WHEN VIOLENCE IS HAPPENING IN THEIR HOME.

CRYING BABIES

Crying is the only way babies can tell us how they feel or what they need. When babies cry they aren't being naughty.

Persistent crying might mean the baby is hungry, thirsty or sick. If the baby cannot be soothed in the usual way — gentle rocking, singing, walking them up and down — then consider seeing a doctor or nurse to find out why.

NEVER SHAKE A BABY. SHAKING A BABY CAN CAUSE BLINDNESS, DEAFNESS, FITS, LEARNING DIFFICULTIES, BRAIN DAMAGE OR EVEN DEATH.

PARENTING —SHARE THE LOAD

Parenting is hard work, especially if you are parenting alone. Sometimes it's difficult to keep calm and manage your children's behaviour.

If you are finding it hard to look after your kids, there's help available to learn new strategies and get some support for yourself.

Phone 0800 456 450 to find out what's available in your area.

Follow these steps to stop the situation getting out of hand:

- recognise your signs of anger
- walk away
- yell into a cushion
- breathe slow and deep
- take time out
- talk to a friend.