# Acknowledge children's right to have opinions • Promote independence • Allow for privacy • Bespect

• Allow for privacy • Respect feelings for other parent • Believe your children.

• Be dependable.

# CARE **FOR YOURSELF**

Give yourself personal time Keep yourself healthy

Express verbal and physical affection

· Be affectionate when your children

are physically or emotionally hurt.

Maintain friendships

**GIVE AFFECTION** 

Accept love.

# PROVIDE PHYSICAL SECURITY

Provide food, shelter, clothing • Teach personal hygiene and nutrition • Monitor safety • Maintain a family routine • attend to wounds.

# NURTURING **CHILDREN**

# **PROVIDE DISCIPLINE**

Be consistent • Ensure rules are appropriate to age and development of child • Be clear about limits and expectations • Use discipline to give instruction, not punish.

# **ENCOURAGE** AND SUPPORT

Be affirming • Encourage children to follow their interest • Let children disagree with you • Recognize improvement • Teach new skills • Let them make mistakes. • Include your children in your activities • Reveal who you are to your children.

# **GIVE TIME** Participate in your

children's lives: activities, school, sports, special events and days, celebrations, friends

USED WITH PERMISSION OF DAIP

# DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street Duluth, Minnesota 55802 218-722-2781 www.theduluthmodel.org