



# 25 Ways to Support Children



- 1 Include animals in therapy groups
- 2 Art therapy
- 3 Believe them
- 4 Listen to them
- 5 Say something kind/loving daily
- 6 Remind them they are loved
- 7 Support their non-offending/non-abusive parent
- 8 Provide space for them to play - green space
- 9 Help them make friends
- 10 Help them feel "normal"
- 11 Celebrate something special about them
- 12 Help parents meet their children's emotional needs
- 13 Provide or link caregiving support to their parents
- 14 Help them maintain good and healthy routines
- 15 Let them talk about their fears
- 16 Let them talk about their family
- 17 Help parents attend to their physical safety
- 18 Talk about something they enjoy
- 19 Help parents to meet their material needs (clothes, school supplies, food)
- 20 Know how legal and other systems work that can protect them
- 21 Offer developmentally appropriate activities
- 22 Sing, dance and be silly with them
- 23 Allow them to share their feelings and experiences at their pace
- 24 Support parenting
- 25 Don't push too hard or say/do things that may re-traumatize them

For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at [www.odvn.org](http://www.odvn.org). Published as part of the 25 for 25 years of ODVN celebration!



Let's make violence a thing of the past.