

HOW MIGHT DOMESTIC ABUSE AFFECT MY CHILDREN?



CHILDREN WHO WITNESS DOMESTIC ABUSE IN THE HOME SUFFER THE SAME LONG-TERM MENTAL EFFECTS AS CHILDREN WHO EXPERIENCE ABUSE DIRECTLY.

CHILDREN LIVING WITH DOMESTIC ABUSE EXPERIENCE AN UNPREDICTABLE ENVIRONMENT AND THEREFORE MAY FEEL ANXIOUS AND GUARDED. DEPENDING ON YOUR CHILD'S AGE, YOU MAY SEE DIFFERENT REACTIONS.



BABIES WHO ARE EXPOSED TO OR EXPERIENCE DOMESTIC ABUSE ARE MORE LIKELY TO HAVE DIFFICULTY SLEEPING, FORM DISRUPTED ATTACHMENTS AND HAVE HIGHER LEVELS OF CRYING.

IN CHILDREN OF PRE-SCHOOL AGE YOU MAY OBSERVE BEHAVIOURAL DISTURBANCES SUCH AS BED WETTING OR SIGNS OF SEVERE SEPARATION ANXIETY AMONG OTHER THINGS SUCH AS DIFFICULTY GOING TO SLEEP OR STAYING SLEEP.



OLDER CHILDREN ARE MORE LIKELY TO BLAME THEMSELVES FOR THE ABUSE AND CARRY FEELINGS OF GUILT THAT IN TURN WILL IMPACT THEIR SELF-ESTEEM. THEY MAY WITHDRAW FROM SCHOOL ACTIVITIES, DISPLAY DISRUPTIVE BEHAVIOUR, HAVE FEWER FRIENDS AND OFTEN COMPLAIN OF HEADACHES OR STOMACH-ACHES.



KIDS



THERE ARE HOWEVER MANY WAYS IN WHICH YOU CAN HELP YOUR CHILD AND OFFER A SPACE OF HEALING AND RECOVERY. AOIBHNEAS PROVIDES PARENTING SUPPORTS AND CHILD-CENTRED INTERVENTIONS TO HELP YOU AND YOUR CHILD NAVIGATE.



IF YOU WOULD LIKE TO ACCESS SUPPORT, INFORMATION OR ADVICE, PLEASE CONTACT OUR 24 HOUR FREEPHONE HELPLINE ON 1800 767 767



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