

INFORMATION FOR PARENTS

Possible sexual abuse of a child is very disturbing. Finding out about abuse that happened to your child may be as difficult on you as it is the child. There are some things that you can do to help.

- ❖ Do not blame yourself and try to remain calm in the presence of your child.
- ❖ Believe your child. Let your child know that he or she did the right thing in telling about the abuse.
- ❖ Tell your child that abuse is not his/her fault. Keep saying it and mean it.
- ❖ Even if your child appears to be functioning the same and seems ok, get counseling. Not only for your child, but for you and other members of your family affected by the abuse.
- ❖ Let the child talk about the abuse if he/she wants to but do not make the child talk and do not ask questions concerning the abuse. Listen to your child if he/she wants to discuss the abuse with you and if she/he comes to you with concerns.
- ❖ Respect your child's fears and anxieties. Let your child know that you are trying to make sure she/he is safe.
- ❖ Treating your child normally helps him or her feel normal. Continue your regular rules or routines as much as possible.
- ❖ Do not discuss the situation with others in the presence of your child.