

Things You Can Do That Will Really Help Your Child.

- You will be dealing with a variety of professionals from different agencies. Keep a list of their names, telephone numbers, and the agencies they represent. These experts are there to assist you and your child. If you have questions or do not understand, ask them.
- Return to a normal routine as soon as possible.
- See that your child receives therapy as soon as possible.
- Trying to sweep the problem under the rug usually causes more problems because it will not go away.
- Find help for yourself. You don't have to do it all by yourself.
- Teach your children the rules of personal safety but avoid making them afraid of people. Tell them what to do if someone tries to touch them in an uncomfortable way.
- Try not to become over protective or restrictive.
- Be careful not to question your child about abuse. If you do, you can jeopardize the case in court against your child's abuser. Specifically trained professionals at the Child Advocacy Center will interview your child to obtain the necessary information without harming the case or further traumatizing your child. If your child wants to talk about it, listen supportively, but do not probe.
- Keep your child away from the person suspected of the abuse. This is to protect you and your child's welfare.
- Avoid discussing the case with other victims or their families.
- Never coach or advise your child on how to act or what to say to professionals or investigators. This could seriously damage the case.
- Your child may need an extra sense of physical security. Stay close, and assure your child you will keep him or her safe.
- Remember to give attention to your other children.
- Believe her/him.
- Let her/him know that the assault is not her/his fault.
- Let her/him know that you care.
- Let her/him know that their feelings are normal. The child may experience mood swings or changes in eating/sleeping habits etc.
- Let her/him know that there are people who can help.