

# Things That You Can Say To Help Your Child

Provide safety, love and support. Let them know that it is okay to cry or to be mad. Make sure that your child understands that it is not his or her fault that his happened.

Don't coach or pressure your child to talk about the abuse.

## **Some things that you can say that will really help your child:**

- "I believe you"
- "I know it's not your fault"
- "I'm glad that you told me"
- "I'm sorry that this happened"
- "I'm not sure what will happen next"
- "Nothing about YOU made this happen"
- "It has happened to other children too"
- "You don't need to take care of me"
- "I am upset, but not with you"
- "I'm angry with the person who did this. NOT YOU!"
- "I'm sad you may see me cry. That's all right"
- "It's okay if you cry"
- "I will be able to take care of you."
- "I don't know why he or she did it"
- "You can still love someone but hate what they did to you"
- "I'm proud of you"