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Children are affected by family violence. Use your support networks to help with parenting - grandparents, teachers, youth workers, professional counselling.

Some parenting tips that may be useful for you at this time include:

- Talk to your children about the situation and what is happening and will happen
- Be honest about your feelings and let them know you love them. Let them know they are safe
- Maintain consistency in your parenting
- Establish a normal routine
- Be present, listen to their concerns, keep the communication channels open
- Develop and maintain support networks, such as grandparents, teachers, youth workers, professional counselling.
- Take time to do fun things as a family.

*A Woman's Guide to Reclaiming a Healthy Relationship.* Tweed Shire Women's Service.

Parentline - Victoria 132 289 Provides a statewide telephone counselling service to parents and carers of children aged from birth to eighteen years

[www.education.vic.gov.au/about/contact/Pages/parentline](http://www.education.vic.gov.au/about/contact/Pages/parentline)

Kids Help Line 1800 55 1800 [www.kidshelp.com.au](http://www.kidshelp.com.au)

Council of Single mothers and their Children Support Line 1300 552 511 Provides support, information and referral [www.csmc.org.au](http://www.csmc.org.au)

Child Support Info Service 13 11 07 (24 hours)

[www.humanservices.gov.au/customer/enablers/child-support/child-support-info-service](http://www.humanservices.gov.au/customer/enablers/child-support/child-support-info-service)

Nurse on Call 1300 606 024 [www.health.vic.gov.au/nurseoncall](http://www.health.vic.gov.au/nurseoncall)

*Through a child's eyes-Children's experience of family violence and homelessness* is a booklet designed to assist people to understand and raise awareness of children's experiences of family violence and homelessness. It contains children's own stories (in their words), information of the effects of violence on children, suggested interventions for parents/carers, support workers, and others that may come into contact with children. The booklet also contains a phone listing of local and state support services for help. For a free copy contact Junction Support Services on 0260437400 or email [reception@junction.org.au](mailto:reception@junction.org.au)

Child Support Agency Enquiry Line 13 12 72 [www.csa.gov.au](http://www.csa.gov.au)

Maternal Child Health Line 13 22 29 This service is staffed by qualified maternal and child health nurses who provide information, support and guidance regarding child health, nutrition, breast feeding, maternal and family health and parenting.

[www.education.vic.gov.au/childhood/parents/support/pages/mchline.aspx](http://www.education.vic.gov.au/childhood/parents/support/pages/mchline.aspx)

National Association for Prevention of Child Abuse and Neglect: For resources and information go to [www.napcan.org.au](http://www.napcan.org.au)

Australian Childhood Foundation 1800 176 453 Provides counselling for children and young people affected by abuse. [www.childhood.org.au](http://www.childhood.org.au)

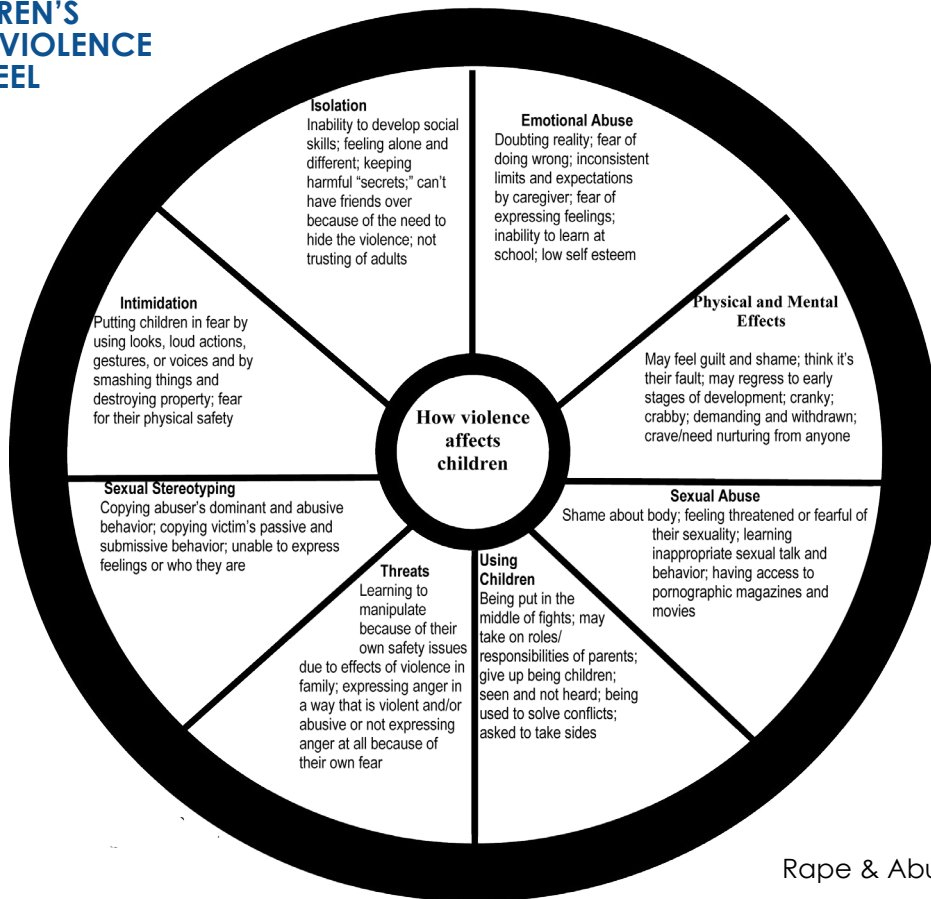


**WOMEN'S HEALTH**  
GOULBURN NORTH EAST

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*Challenging inequality, embracing diversity.*

# CHILDREN'S DOMESTIC VIOLENCE WHEEL



Rape & Abuse Crisis Centre