

# Supportive Messages to Share with Families

## When Children Have Been Impacted By Violence

1. "It's normal for children to act differently when they have seen or heard violence, especially if it has been a pattern. Some children can withdraw, while others act out. As a caregiver, you can help your children recover by spending time with them and encouraging them to talk about it."
2. "Children are resilient. This means that if they have seen or heard something that upsets them, they have the ability to heal. Caregivers can play a big role in helping children heal by being present, having patience, and helping them express themselves."
3. "A positive relationship with a loving adult is the most important thing a child has to help her recover from traumatic events."
4. "It can be so paralyzing and painful to really sit with how exposure to violence is affecting your child. A lot of caregivers feel really guilty and blame themselves. Please know that you are not alone."
5. "What would it feel like to know that the violence in the neighborhood was impacting your children?"
6. "I am so sorry that these things happened to you and your children...and I am so impressed that you found the strength to ask for support."
7. "Sometimes when children have experienced stress or violence, it can impact their behavior at school and home, their health and their emotions. But it's never too late, and there are many people who can help."
8. "We are going to take this on together. I can help, and I know who else can help."
9. "Would you like to know more about how violence could be impacting your child? We can think about it together."
10. "Your children make new memories everyday. How would you like him or her to remember you? It's never too late to make new memories."
11. "I think the stress of \_\_\_\_\_ is impacting your child. I can help you help him or her."

