

Books To Help Children Resource Library

Talking about Domestic Abuse: A Photo Activity Workbook to Develop Communication between Mothers and Young People

Talking about Domestic Abuse is an activity pack for children of nine years and above and adolescents where families have experienced domestic abuse, to help and encourage them to open up to their mothers about their distressing experiences.

Based on the authors' work with families who have experienced domestic abuse, the activities are designed around four important themes: building self-esteem; naming feelings; facilitating communication between mothers and children; and talking about personal experiences, including domestic violence, and are accompanied by photographs which act as prompts for discussion. The authors explain the need of young people to communicate with their parents about painful memories. They also establish practical 'ground rules' on how mothers can enter into that communication successfully and how to make the most of the activities provided. Further information is also given on support services that are available to families coping with domestic abuse.

This will be an essential tool for families including young people who have lived through domestic abuse, as well as social workers and other professionals working with them.

Talking to My Mum: A Picture Workbook for Workers, Mothers and Children Affected by Domestic Abuse

Talking to My Mum is an activity pack for five-eight-year-olds whose families have experienced domestic abuse to help and encourage them to open up to their mothers about their distressing experiences.

Based on the authors' work with families who have experienced domestic abuse, the book is full of illustrated worksheets featuring animal characters who encourage the young reader to explore a range of memories, such as changes in the family's living arrangements or happy memories with siblings or favourite toys that each prompt a particular emotion. These activities are accompanied by guidance on how to use them appropriately. Talking to My Mum is designed for children and their mothers to complete together, and will assist both child and mother with improving communication about the past, present and future.

This activity pack will be an essential tool for families with children who have lived through domestic abuse, as well as social workers and other professionals working with them.

When Adults Hurt Children: Helping Children Heal from Abuse

This book helps victims express in pictures what they are unable to say in words.

When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse

Written by a therapist who specializes in abusive men, this guide reveals how abusers interact with and manipulate children—and how mothers can help their children recover from the trauma of witnessing abuse.

Can my partner abuse me and still be a good parent? Should I stay with my partner for my children's sake? How should I talk to my children about the abuse and help them heal? Am I a bad mother?

Mothers in physically or emotionally abusive relationships ask themselves these questions every day. Whether it's physical or "just" emotional abuse, whether it's aimed at them or you, whether they see or hear it, your kids need you.

This book, the first ever of its kind, shows mothers how to:

- Protect children and help them heal emotionally
 - Provide love, support, and positive role models, even in the midst of abuse
 - Increase their chances of winning custody
 - Help their kids feel good about themselves
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