

Suggestions for Parents of

Tip Sheet

Physically Harmed Children



Solution
Based
Casework

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1. Although it is hard, it is best for children when parents are able to **reduce or eliminate the yelling, fighting, and arguing.**
2. Be aware of difficult developmental tasks and develop a plan to **model patience and reassurance.**
3. It is very helpful to **provide specific structure around every day routines** that outline individual tasks and/or responsibilities in order to minimize confusion.
4. Try to **reward positive behaviors** and **utilize non-physical discipline** techniques for negative behaviors.
5. Parents are more helpful when they **protect the children from adult disagreements.** These issues are best discussed in a private setting away from children.
6. Be able to recognize behaviors of the child that trigger each family member and **devise a plan to deal with trigger behaviors** in a calm manner.
7. Recognize your own limitations and **develop a plan to take care of yourself.** Set aside a time each week to spend for yourself or with your spouse.
8. Develop a list of friends and/or relatives who would be available to provide **short-term relief for parents.**