TRUST AND RESPECT Acknowledge children's right to have own feelings, friends, activities and opinions • Promote independence • Allow for privacy • Respect Allow for privacy • Respect ARE FOR YOUR PROMOTE EMOTIONAL SECURITY Talk and act so that children feel safe and comfortable expressing themselves • Be gentle • Be dependable.

Believe your children.

Allow for privacy • Respect feelings for other parent

CARE FOR YOURSELF

- Give yourself personal time
- · Keep yourself healthy
- Maintain friendships
- · Accept love.

· Be dependable.

PROVIDE PHYSICAL SECURITY

Provide food, shelter, clothing · Teach personal hygiene and nutrition • Monitor safety • Maintain a family routine • attend to wounds.

CHILDREN

GIVE AFFECTION

Express verbal and physical affection · Be affectionate when your children are physically or emotionally hurt.

ENCOURAGE AND SUPPORT

Be affirming • Encourage children to follow their

PROVIDE DISCIPLINE

Be consistent • Ensure rules are appropriate to age and development of child . Be clear about limits and expectations . Use discipline to give instruction, not

punish.

GIVE TIME

Participate in your children's lives: activities, school, sports, special events

children to follow their interest • Let children disagree with you • Recognize improvement • Teach new skills • Let them make mistakes.

School, sports, special events and days, celebrations, friends • Include your children in your activities • Reveal who you are to your children.

DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street Duluth, Minnesota 55802 218-722-2781 www.duluth-model.org