

# Blijf<sup>®</sup>groep

Thuis in  
huiselijk  
geweld

Tools for social workers

# It is my turn..!



# Why parents often do not seek help for their children



# 1

## Ignorance

Parents usually want the best for their children. Many parents do not know that witnessing domestic violence can have a major impact on children. For example, children who have experienced domestic violence have a greater chance of becoming a perpetrator or victim themselves later. It can also lead to behavioural problems.



# 2

## Inability

Parents need time to recover after the crisis. Remember: "getting your life in order" does not come naturally. Telling parents directly about the importance of helping children is important.

The training *It is my turn..!* supports parents by offering tools for difficult parenting situations, so that parenting becomes easier at home. If parents do not want to participate immediately, a pre-registration can be made.

The parents can then decide together with the trainers when they want to participate in the group.



# 3

## Unwilling

Participation in a group *It is my turn..!* confronts the parent with the domestic violence that has taken place. Some parents are reluctant and want to forget the past as quickly as possible. They often do not realize sufficiently that their children need space to talk about their experiences. Talking often gives enormous relief and prevents problems later in life. You can help parents to (learn to) support their children by registering for them *It is my turn..! group*.



[www.blijfgroep.nl](http://www.blijfgroep.nl)

# Reasons to participate in *It is my turn..!*





# 1

## A child is also entitled to support

Children have the same right to process their experiences as parents. Probably even more. In the *It is my turn..! groups*, children learn to talk about their feelings. Parents learn how to talk to their child and how to support their child in processing their experiences.

*What parents sometimes say:  
"I already have help"*

# 2

## Better school results and socio-emotional development

That a child has no complaints does not mean that the experiences leaves no negative traces in a child's life. Sixty percent of children initially have few or no complaints from school but their results may suffer. Many children also experience problems with social and emotional development. There is also a greater chance that they will have relationships with violence later in life.

*What parents sometimes say: "My child is not bothered by anything"*

# 3

**Children get to know other children who have experienced the same.**

When children share their experiences with other children, they feel better. They notice that they are not the only ones and therefore feel less lonely. Many children believe that they are to blame for the problems. By talking and playing, children can

process experiences, which reduces the chance of problems.

*What parents sometimes say:  
"It is better not to stir it up, it  
will cause nightmares again"*

# 4

## Children notice more than you know

Hearing arguments is also a form of witnessing violence, the consequences of which are often as great as being beaten. Children often notice more of an argument or a fight than you

think. Even if, as a parent, you try to protect your child against the arguments by leaving. Children always notice the tensions at home. Children often suffer from loyalty conflicts when there are tensions between the parents.

*What parents sometimes say:  
"My child has not noticed, the fights were always in the evening."  
Or "My child does not notice anything, because I always go to my mother when there is tension."*

# 5

**Every child has the right to healthy development**

**Children who have witnessed domestic violence often have to**



learn that you can resolve quarrels in another way or that you can talk about feelings and problems. They need this skill everywhere. And you usually do not learn this at football or music lessons, but in the *It is my turn..!* group. Choice for *It is my turn..!* is always a temporary one: the program lasts 9 weeks.

*What parents sometimes say:  
"He plays football on Wednesday afternoon, so he cannot participate."*

## For whom?

This leaflet is intended for social workers and offers tools to motivate parents to let their children participate in *It is my turn..!*, the group program for children aged 7 to 11 who have witnessed and / or suffered domestic violence.

## Information and registration:

[www.blijfgroep.nl](http://www.blijfgroep.nl)

Or via 088 234 24 50.