LOVE AND CARE FOR YOUR CHILDREN

TRUST AND RESPECT
- Acknowledge children's right to have their feelings, friends, activities and opinions.
- Promote independence.
- Allow for privacy.
- Respect feelings for other parent.
- Believe your children.

PROMOTE EMOTIONAL SECURITY
- Talk and act so that children feel safe and comfortable expressing themselves.
- Be gentle.
- Be dependable.

PROVIDE PHYSICAL SECURITY
- Provide food, shelter, clothing.
- Teach personal hygiene and nutrition.
- Monitor safety.
- Maintain a family routine.
- Attend to wounds.

CARE FOR YOURSELF
- Give yourself personal time.
  - Keep yourself healthy.
  - Maintain friendships.
  - Accept love.

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 interest.
- Let children disagree with you.
- Recognize improvement.
- Teach new skills.
- Let them make mistakes.

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 punishment.

GIVE TIME
- Participate in your children's lives: activities, school, sports, special events and days, celebrations, friends.
- Include your children in your activities.
- Reveal who you are to your children.

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