

CHILD AND ADOLESCENT TO PARENT VIOLENCE AND ABUSE (CAPVA) TOOLKIT

Top Ten Tips for Parents

1. Always remember, violence and abuse towards parents is NOT a normal part of growing up!
2. Talking about what is happening to someone you trust can make things better. Seeking support will really help and will mean that you are equipped to help your child or adolescent.
3. Practice self-care! You are important and deserve to be treated with love and respect.
4. Make sure your child knows you love them but that you will not tolerate their behaviour towards you.
5. Think about what you can ignore! Make a list of what you find acceptable and unacceptable, this will help you to set boundaries with your child or young person
6. Make two or three positively stated rules i.e. 'Come home by 10pm' rather than 'Don't stay out late', start with small and achievable goals.
7. Use 'I statements' to show your children how you feel, for example 'I need you to speak respectfully if you want me to give you a lift' or 'I feel really proud of how well you have coped with school this week'.
8. Think about positive things you can do together with your child to strengthen your relationship.
9. Remember, every day is a new day and brings with it opportunity to improve the relationship.
10. Think about your family safety plan. In times of crisis, when your safety or the safety of another family member is at risk, call South Yorkshire Police on 999

Helpful numbers/sources of support

IDAS (Independent Domestic Abuse Services Sheffield)	0808 808 2241 www.idas.org.uk
South Yorkshire Police	in an emergency ring 999, for all other enquiries ring 101
Sheffield Safeguarding Hub (Sheffield Children's Social Care)	0114 2734855 https://www.sheffield.gov.uk/home/social-care/children-social-care
Sheffield Family Intervention Service (FIS) Formerly MAST	0114 2037485 Family Intervention Service Sheffield (sheffielddirectory.org.uk)
Family Lives (formerly known as Parentline Plus, a national charity offering help and support in all aspects of family life)	0808 800 2222 https://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home
Haven (Specialist Charity supporting children and young people affected by domestic abuse)	0114 2130590 https://www.havenorg.uk/
Sheffield Parent Hub	0114 2057243 https://www.sheffield.gov.uk/home/social-care/positive-parenting
Cranstoun (Level Up Programme for 11-15 year olds)	0114 3211377 www.cranstoun.org.uk / https://cranstoun.org/news/domestic-abuse/new-scheme-to-spot-harmful-behaviours-in-children/