



# Through Their Eyes

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BEST PRACTICES FOR PROFESSIONALS WORKING WITH CHILDREN  
EXPOSED TO DOMESTIC VIOLENCE

# Special thank you our funders!

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# Georgia Coalition Against Domestic Violence

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**GCADV is a federally recognized domestic violence coalition, representing state-certified and community-based domestic violence programs across the state.**

**GCADV provides free training, technical assistance, statewide outreach, public policy and advocacy.**

**GCADV**

# Welcome to this Webinar!

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**Michelle White**


**GCADV Child & Youth  
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Manager**

# In This Webinar:

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- Working with Children Exposed: Self-Care and Boundary Setting
  - Understanding a Child's Experience of Domestic Violence
  - Supporting the Parent-Child Relationship
  - Developing a Safety Plan for Children
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# Working with Children

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SELF-CARE AND BOUNDARY SETTING



# Professional Role > Parent Role

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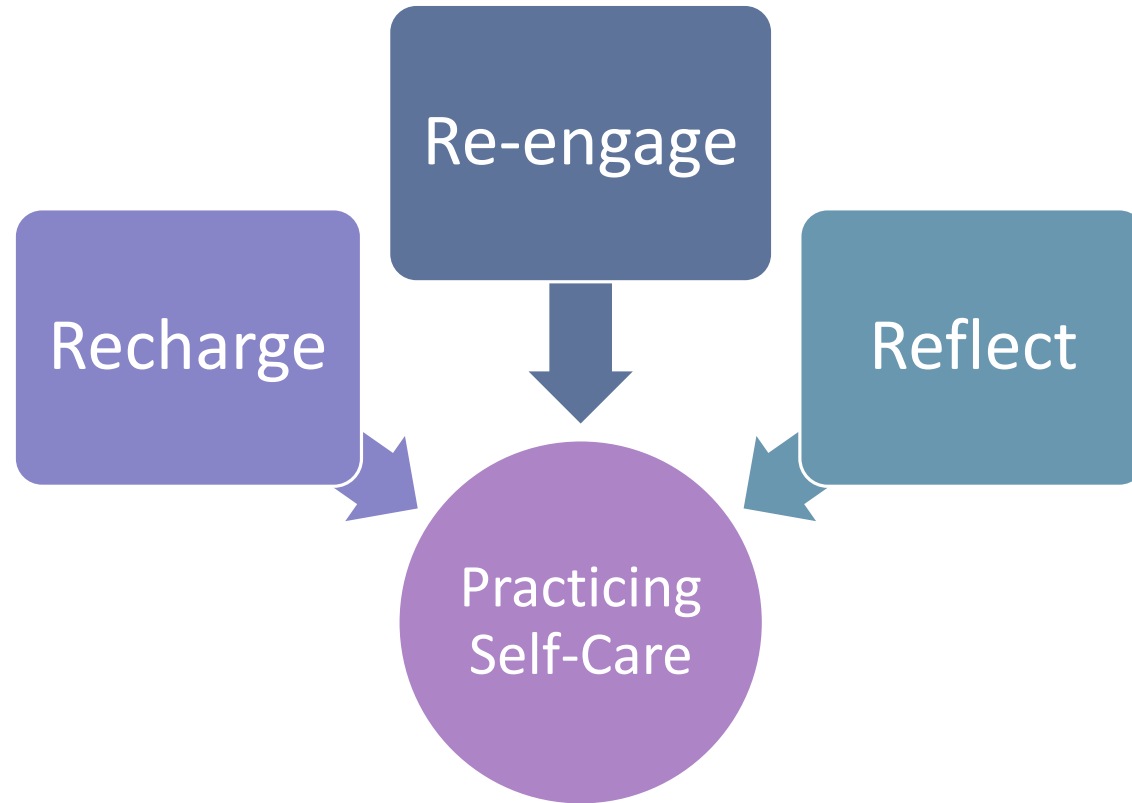
**Become familiar with  
your professional  
boundaries with  
children and families**

**Learn the differences  
between supporting  
parents and becoming  
the parent**

**Find ways to support  
children and families in  
appropriate ways**

# Practicing Professional Self-Care

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# Self-Care for Your Work Setting



Practice setting and maintaining boundaries.

Take all of your breaks.

Leave work at work.



Stay connected to professional development opportunities.

Ask for help or support.



Build your self-awareness.

Participate in reflective supervision.



# Understanding a Child's Experience

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OF DOMESTIC VIOLENCE



# How Domestic Violence Impacts Children

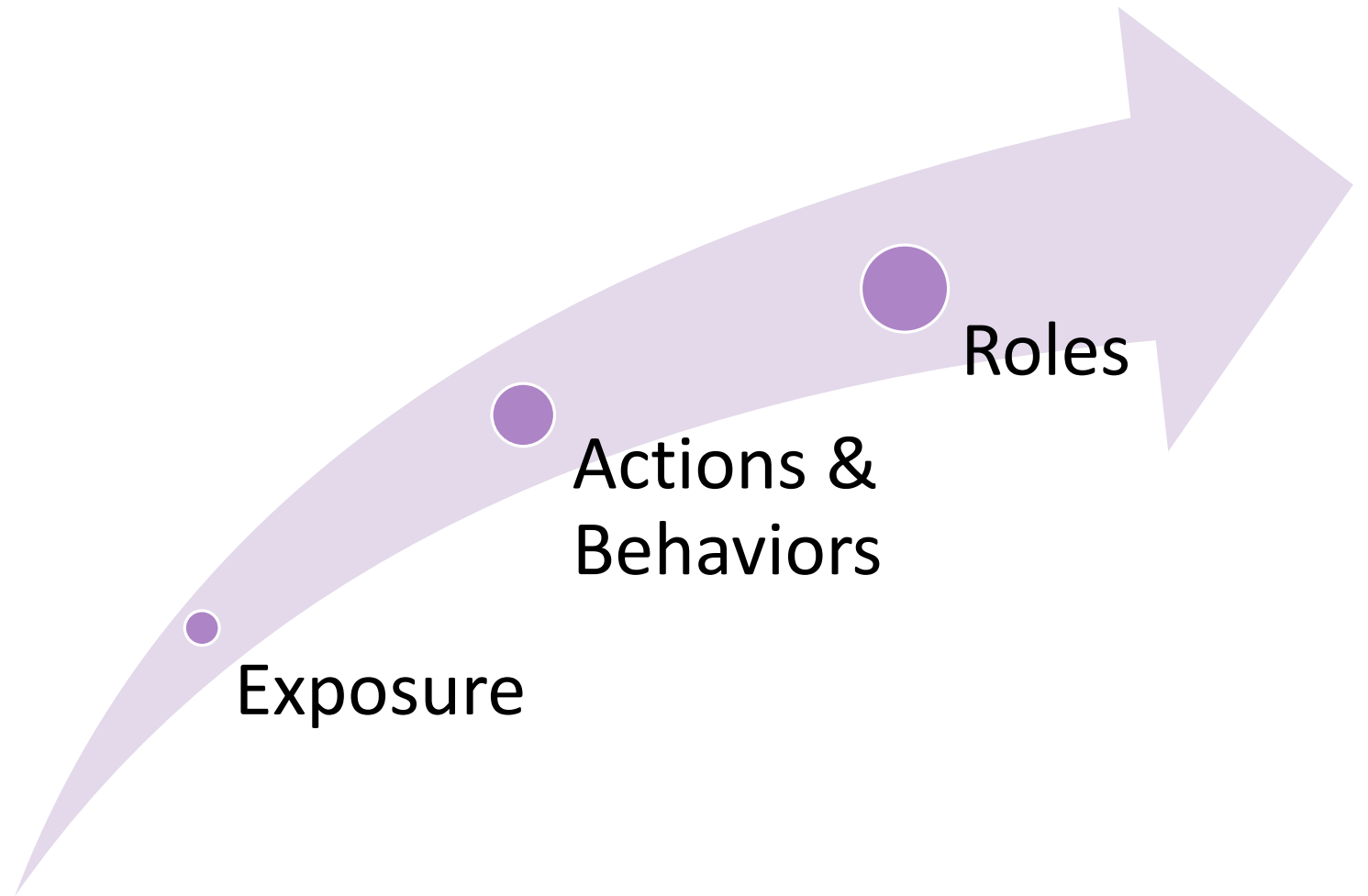
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Dr. Robin F. Goodman



\*Please take care of yourself while viewing this video.

# Types of Children's Experiences



# Types of Children's Experiences



Visually see domestic violence  
Hear the domestic violence  
Witness the aftermath



Intervene or protect  
Forced to join  
Hide or escape



Confidant or Caretaker  
Victim of Coercive Control  
and/or Child Endangerment



# Impact on Child Development

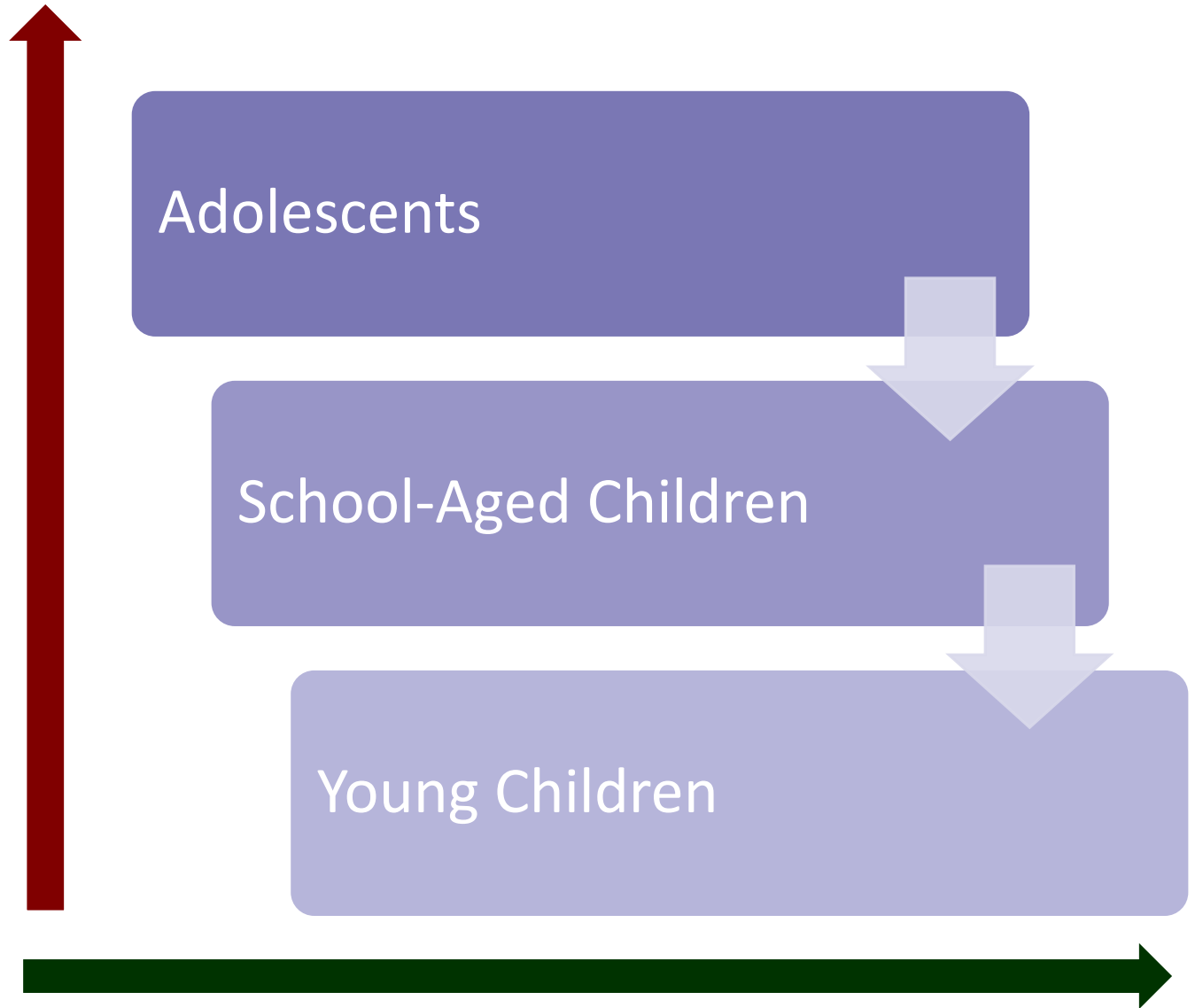
**Severity  
of  
Domestic  
Violence  
Exposure**

Adolescents

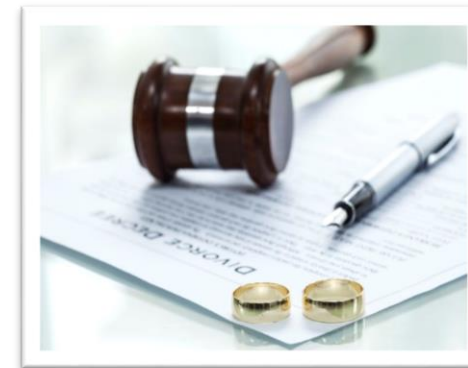
School-Aged Children

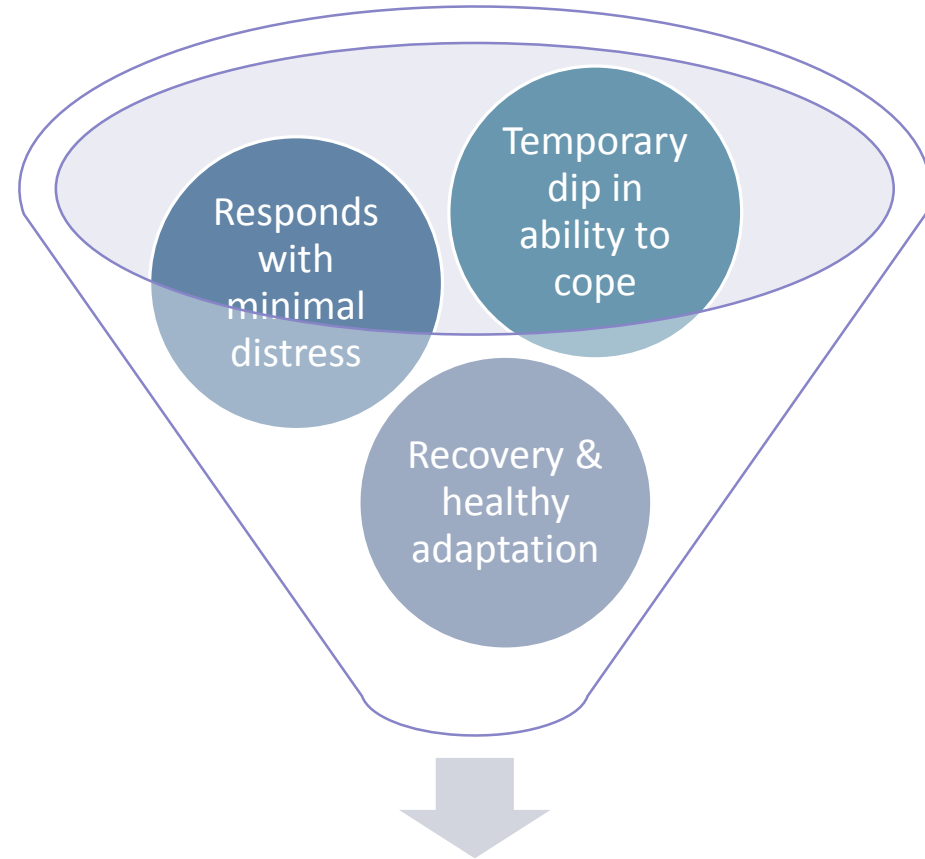
Young Children

**Length of Exposure to Domestic Violence**



# Adverse Childhood Experiences





**Resiliency in Children**





# Feathers & Wings

Know that your support, advocacy, ability to be understanding and resource-sharing are the feathers that give children wings!

A woman with her hand on a child's shoulder, symbolizing support. The image is faded and serves as a background for the text.

# Supporting the Parent- Child Relationship

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# Resiliency & the Parent-Child Relationship

**Decreased impact  
of Adverse  
Childhood  
Experiences**



**Increased ability  
to bounce back  
from traumatic  
experiences**



# Understanding the Parent- Survivor's Experience

Parenting under great  
duress

Attempting to survive  
and meet demands



Attention and energy  
are being drawn away

May be more sensitive,  
defensive or  
defenseless

# Best Practice with Parent-Survivors

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**Encourage**



**Educate**



**Empower**



# Developing a Safety-Plan

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FOR CHILDREN

# Essential Components of a Child-Centered Safety Plan



**Important for the parent-survivor  
to be involved**



**Discuss parent's safety concerns**



**Explore practical and  
culturally-responsive safety  
planning options**

# Safety-Planning Ideas

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Use a familiar code  
word or phrase

Think of safe spaces  
children can go

Create a safety map

Discuss children  
learning important  
contact information

Prepare a backpack of  
important items





A group of children, including a boy in a striped shirt and a girl in a floral dress, are holding hands in a circle and smiling. The image is semi-transparent, allowing the text to be clearly visible.

# Questions?

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# Thank you for participating in this webinar!

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