# *Suggestions for Parents of*
# ***Physically Harmed Children***

1. *Although it is hard, it is best for children when parents are able to* ***reduce or eliminate the yelling, fighting, and arguing.***

2. *Be aware of difficult developmental tasks and develop a plan to* ***model patience and reassurance****.*

3. *It is very helpful to* ***provide specific structure around every day routines*** *that outline individual tasks and/or responsibilities in order to minimize confusion.*

4. *Try to* ***reward positive behaviors*** *and* ***utilize non-physical discipline*** *techniques for negative behaviors.*

5. *Parents are more helpful when they* ***protect the children from adult disagreements****. These issues are best discussed in a private setting away from children.*

6. *Be able to recognize behaviors of the child that trigger each family member and* ***devise a plan to deal with trigger behaviors*** *in a calm manner.*

7. *Recognize your own limitations and* ***develop a plan to take care of yourself.*** *Set aside a time each week to spend for yourself or with your spouse.*

8. *Develop a list of friends and/or relatives who would be available to* ***provide short-term relief for parents.***

***Solution Based Casework***
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