

## INTERVENTION (CAREGIVERS)

### COPING WITH YOUR FEELINGS

Parents and caregivers of individuals who have experienced abuse or assault typically feel very upset after learning of the abuse. Feelings may range from denial, anger, and sadness, to frustration and helplessness.

Practicing good self-care is important. You can better support the victim if you are able to cope with your own emotions. Cope with these types of feelings by using techniques such as deep breathing, journaling, exercise, or progressive muscle relaxation. Finding activities or ways to take a break can also help.

Seek professional help in coping with your feelings related to the abuse or assault. By seeking treatment you can show that seeking help is a healthy way to cope with feelings following abuse or assault.

Contact the Rape, Abuse, and Incest National Network (RAINN) at 1-800-656-HOPE or [www.rainn.org](http://www.rainn.org) for help finding support in your area. The U.S. Department of Justice's Office for Victims of Crime has resources and a web forum to communicate with others on topics such as child abuse, victim's rights, court preparation, and more. To access their website visit: [www.ojp.usdoj.gov/ovc](http://www.ojp.usdoj.gov/ovc)



### RESOURCES FOR CAREGIVERS

These books and resources provide helpful information for caregivers of children who have experienced sexual abuse. Check your local library for:

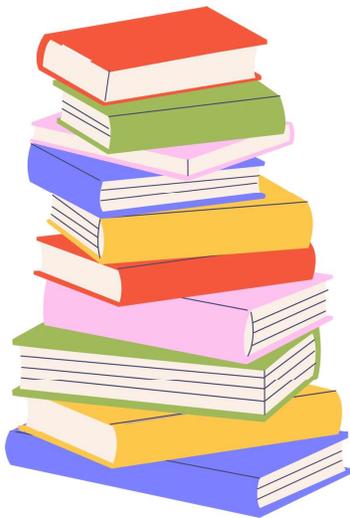
[Win the Whining War and Other Skirmishes: A Family Peace Plan](#), by Cynthia Whitham MSW

[Let's Talk About Taking Care of You: An Educational Book About Body Safety](#), by Laurie Stauffer and Ester Deblinger

[Let's Talk About Taking Care of You: An Educational Book about Body Safety for Young Children](#). [toddlers version] by Laurie Stauffer and Ester Deblinger

[Let's Talk About Safety Skill for Kids: A Personal Safety Activity Book for Parents and Children](#), by Laurie Stauffer and Ester Deblinger

[It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch](#) (Parents Guide), by Lory Freeman Helping Abused Children, by Patricia Kehoe



[www.paautism.org/BeSafe](http://www.paautism.org/BeSafe)