

Why children need KIDshine

The effects of being exposed to violence may not show up straight away. It can take days, weeks, months or years. Parents, teachers and professionals can easily make the mistake of blaming the child for being 'difficult' or 'naughty'. This can make a bad time even worse for children and those who love them.

Adult victims of domestic abuse are left in the position of having to deal not only with their own hurt and pain, but also that of their children, making them less able to provide the love, support and patience that their children need.

What KIDshine offers

- An experienced Child Safety Practitioner visits each family four (or more) times
- The first visit takes place as soon as possible after an incident of violence
- Children receive immediate support in dealing with the trauma caused by what they've experienced
- The 'safe' or 'protective' parents – usually the adult victims of domestic abuse – are provided with information about how best to support their children
- Families receive assistance in dealing with the shared trauma of domestic abuse.

KIDshine can make an enormous difference to the future of your children.

Getting in touch with us

Give us a call on **0508 744 633** and ask to speak to the Child Safety Practitioner to find out more about KIDshine and how we might be able to help your family.

shine*
making homes violence free

Helping New Zealanders since 1990, Shine is a leading specialist domestic abuse service provider.

Domestic abuse is extremely common in New Zealand. One in three New Zealand women are assaulted by an intimate partner in their lifetime. Domestic abuse can also sometimes affect men and always affects children in the family.

For more information about Shine and domestic abuse visit our website:

www.2shine.org.nz

Domestic Abuse Helpline:

0508 744 633

We're here to help you.
Call us, it's free and confidential to talk.
7 days a week, 9am to 11pm.

www.facebook.com/shinenz
enquiries@2shine.org.nz

Charity #CC53385



KIDshine

Support for children
who experience
domestic abuse



Violence at home

Domestic abuse happens many ways:

Emotional: putting you down, saying you are crazy

Threats: to hurt you and your children, to break your things

Isolation: keeping you away from family, friends and support

Economic: controlling the money

Physical: slaps, pushing, punches, kicks, choking

Sexual: making you do things you don't like

Abusive partners generally use a pattern of abusive and controlling behaviour which gets worse over time if nothing is done to stop them.

Domestic abuse is common in New Zealand, and whenever domestic abuse occurs in homes with children, they are affected too.

Exactly how a child is affected is unique to each one. Some children dwell on what has happened, while others try not to think about it at all. Some children are withdrawn, while others seek attention. Some become aggressive, others become depressed. Every child will respond in their own individual way.

Children who seem to be asleep at the time can often describe exactly what they heard.

"My eyes stay awake at night." - Kate
"The bad noises come while I'm asleep." - Luca

Children of all ages become distressed and need help to understand what is happening. Children often blame themselves for the abuse, and they can feel frightened, confused and lonely.

KIDshine can work with you and your child to provide the support you need.



What is KIDshine?

KIDshine is a free service offered by Shine (Safer Homes in New Zealand Everyday).

Since 2003, this service has provided support for children who have been exposed to domestic abuse. KIDshine has helped thousands of families recovering from domestic abuse.

How does it work?

If you would like our help or want to find out more about the service, the first step is to contact our KIDshine Team to see if your family meets the service criteria. Ring Shine's tollfree Helpline 0508 744 633 and ask to speak to a Child Safety Practitioner.

The next step is for us to set up a visit from a Child Safety Practitioner to talk with you and your children at your home, at a time convenient for you.

If KIDshine is the right service then a Child Safety Practitioner will usually see children up to 4-8 times.

Part of each session may be alone with your children and part may be with you and your children together. These sessions offer an opportunity for children to talk about what has happened and work through any fears they have. We'll give you some information about how to help your children and how to access more support if you need it. We'll also help your children to make a plan for what to do if anything frightening happens again.

Sessions will be set up to address a goal/need of the child to help their longterm physical and emotional safety.

Benefits of KIDshine

KIDshine has helped change the lives of many children. Following our help, they usually become more confident, have improved social skills and are able to express their feelings better. Many children believe that somehow they are to blame for domestic abuse. KIDshine helps children to fully understand that nothing they 'did' or 'didn't do' caused the abuse.

"I know what to do now if I'm scared, I know how to ring the Police and I know that it's not my fault." - KIDshine child

Parent-Child Relationship

Parenting is a demanding job at the best of times. You may find it hard to talk with your children about the abuse and violence they've seen or heard. KIDshine can help mend the broken relationships caused by an abusive partner/parent.

"Thank you - I never thought the fighting or arguing affected them or that they saw what was happening. They wouldn't have told me and they would have always wondered whether they were to blame." - KIDshine mum

"Thanks for all your help with Josh and me. We are doing so well now. Josh is back to his beautiful happy little self, sleeping in his own bed, eating well and really thriving." - KIDshine mum

