

بسم الله الرحمن الرحيم

✨بإذن الله تعالى✨

السلام عليكم ورحمة الله وبركاته

Monday 10th September 2018 

 Lesson # 69

 Educational Assistance

 Subject : Parenting Tips

;  Topic : "Understanding basics of Child abuse

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PARENTING TIPS  

 Assalamualaikum waRahmatullahi waBarakatuhu 

Dear Mothers

 Points For Understanding basic of Child abuse-6 

 We will not look into the Healing targets.

 Target # 1

- ▲ Give the child hope that all of it has passed; and how to move forward positively.
- ▲ Motivate the child to volunteer for tasks. This will give him the courage to solve his own problems as well.

 Target # 2

☀ How to avoid flashbacks for yourself and the child?

- ▲ Tell the child that whatever happened was indeed painful. But it was past, and you have to forget about it.
- ▲ Tell them that in future all they have to do is focus on studies and help others.
- ▲ Tell them that not all people are like that. Make sure your child does not start avoiding all people and staying alone.
- ▲ Teach them to remain positive in all situations.
- ▲ Teach them to focus on the present and make it memorable/delightful.

- ▲ Teach them to get out of guilt and fear of other people.

Target # 3

☀️ Instill self confidence in such a child:

- ▲ How to raise voice if any such things happen in future.
 - ▲ How to keep yourself calm and normal?
 - ▲ Support them - but make them self sufficient.

Target # 4

- ▲ The mother needs to be pre-emptive. She must know that abuse exists in the society and how she has to deal with it.
 - ▲ Along with awareness, what else measures does she need to take?

✅ Things to do:

- ▲ Raise your voice against any negativity you see.
 - ▲ Condemn and try to stop all acts of injustice

