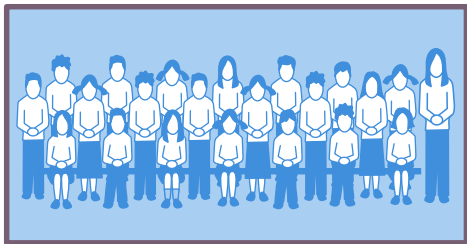


# What About The Kids?

Abuse of Women Damages Kids.  
Help Yourself. Help Your Kids.

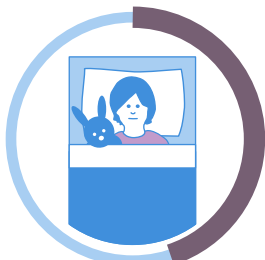
## The Facts

Women's Crisis Services of Waterloo Region helps kids



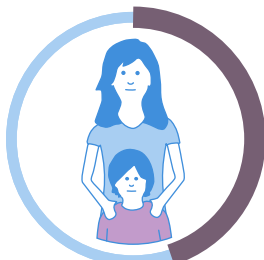
**10** primary school classes

Equal to the number of kids brought to Women's Crisis Services shelters each year



**45%**

of beds at Women's Crisis Services shelters are occupied by kids



**45%**

of women staying at Women's Crisis Services shelters have kids



**80%**

of the kids staying at Women's Crisis Services shelters are 10 years old or younger

## The Impacts

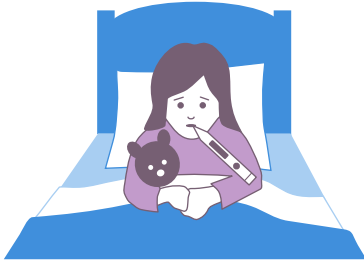
Violence against mothers damages kids



### Abuse of women damages all kids.



Kids always know when abuse is occurring in their home



Kids suffer emotionally and physically when exposed to woman abuse in the home



Babies hear the noise and feel the tension even if they can't understand what is happening between adults



Exposure to woman abuse can damage babies' growing brains



Kids feel stressed when they see their parents fight and often blame themselves for being the cause

### Ways kids may behave differently. Changes that may last a lifetime.



Find it hard to play and make friends



Become quiet and fearful



Copy the adult's abusive behaviour by becoming aggressive or controlling



Have sleeping problems



Find it difficult to concentrate and learn



Develop problems with wetting or soiling



Miss school to make sure Mom is safe



Hurt pets



Do risky activities such as running away, experimenting sexually or trying alcohol and drugs



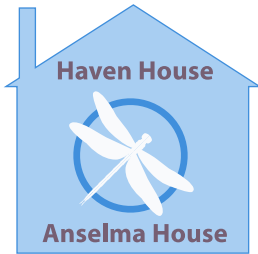
Think violence and control is normal in a relationship

## Help Yourself. Help Your Kids.

Women's Crisis Services of Waterloo Region has helped women and children move beyond violence since 1978



### Women's Crisis Services Can Help You and Your Kids



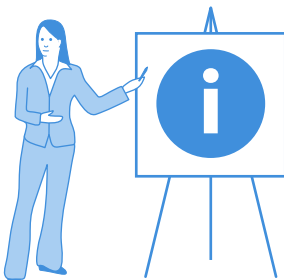
Providing a safe place to stay



Assisting you to create a safety plan



Offering outreach support to women living in the community



Educating the community about violence against women

## Know What To Do



Contact Women's Crisis Services for 24 hour support:

Haven House in Cambridge 519-653-2422 / Anselma House in Kitchener 519-742-5894

Learn more at [wcswr.org/kids](http://wcswr.org/kids)

Sources:  
Domestic Violence Hurts Children Tool brochure from National Association for Prevention of Child Abuse and Neglect (NAPCAN) , [napcan.org.au](http://napcan.org.au) |  
Little Eyes , Little Ears: How Violence Against A Mother Shapes Children As They Grow by Alison Cunningham & Linda Baker, Centre for Children and Families in the Justice System | Women's Crisis Services of Waterloo Region 2012-13 Annual Report and agency stats

Women's Crisis Services  
of Waterloo Region

