



95

Ways
to

“Make a
Difference”

in the Life
of a Child
Exposed
to Violence

Love them unconditionally • Explore together • Applaud their discoveries • Play with them • Ask for their input • Teach thoughtful decision-making • Catch them doing good • Be compassionate • Tell them why you like being with them • Help them become an expert at something • Surprise them • Comfort them when they are afraid • Suggest better behaviors when they act out • Show that you care about them • Share their enthusiasm • Notice when they act differently • Respect them • Call them just to say hi • Laugh at their jokes • Expect their best, not perfection • Answer their questions • Appreciate their presence in your life • Tell them how terrific they are • Create a tradition with them • Read aloud together • Smile a lot • Learn from them • Be available • Attend their school & church events • Find a common interest • Be silly & laugh together • Empower them • Keep your promises • Showcase their artwork • Stroke their imaginations • Compliment them a lot • Tell stories which feature them as the hero • Nurture them • Teach peace • Tell them they are loved • Discuss their dreams & nightmares • Let them solve most of their own problems • Include them in conversations • Take part in their favorite activities • Model responsible behavior • Listen & respond without being judgmental • Give them space when they need it • Respect their decisions • Make time to be with them • Greet them with joy • Accept them as they are • Be their advocate • Help them learn from mistakes • Appreciate their uniqueness • Talk openly with them • Encourage win-win solutions • Include them in your life & activities • Allow them to act their age • Praise more, criticize less • Tell them what you expect of them • Give them your phone number • Introduce them to new experiences • Be spontaneous & flexible • Learn about them • Ask them about themselves • Make eye contact when talking with them • Listen more than you talk • Be consistent • Express your pride in them • Relax together • Acknowledge them • Respond to crises patiently & calmly • Ask them to help you • Applaud their successes, big & little • Visit their schools & homes • Teach them something new • Tell them their feelings are okay • Set boundaries that keep them safe • Be affectionate, hug them, hold hands • Contribute to their collections • Provide options when they ask for your advice • Be understanding • Create a safe environment • Seek them out • Believe what they say • Help them take a stand • Meet their family & friends • Make decisions together • Encourage “thinking big” • Go places together • Welcome their suggestions • Pay attention to them • Pamper them when they’re sick • Send messages to them • Let them make mistakes



Remember: They will look to you to keep them safe.

For more information on how to make a difference in the life of a child exposed to violence, contact Chicago Safe Start at 312.745.0381 or visit our website at www.ChicagoSafeStart.net.



City of Chicago
Richard M. Daley, Mayor



Terry Mason, M.D., F.A.C.S.
Commissioner

