

DOMESTIC VIOLENCE AND YOUR CHILD

Domestic Violence can have a devastating effect on your child. Domestic violence is both a short and long-term stressor that can affect their development through life. This kind of event is called an **ACE** or **Adverse Childhood Experience**. An ACE can be any number of negative experiences but the ones that will affect your child the most are abuse, sexual assault, neglect and domestic violence. These can be one-time events or repeated many times and play a key role in the development of your child.

Children may not be in the room when a fight happens but they could be hearing it and they will see the aftermath or notice the tension left over from the fight whether it was a verbal or physical fight.

HAVE YOU NOTICED YOUR CHILD DOING ANY OF THE FOLLOWING SINCE THE INCIDENT?

- Having trouble sleeping
- Picking fights with people when they normally don't fight
- Not able to pay attention
- Becoming withdrawn
- Not eating or over eating
- Jumping/startling at loud noises

As a child grows, the more ACEs they have the more likely they are to have trouble down the road. For example, they are more likely to become addicted to drugs/alcohol, develop heart or lung disease, be obese, suffer from depression, or even become victims or offenders themselves.

When you face a situation like this, remember you are not the only one affected by it. Also, remember **YOU** are not alone. Many organizations are able to help you personally to cope with effects of domestic violence and to get you into a safer place, which in turn will help your child in their own journey through life by reducing the number of ACEs they encounter.



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