Exposure to domestic abuse

Experiencing/witnessing domestic abuse can be psychologically/physically damaging for mothers and children. e.g. physical harm, depression, PTSD, low self-esteem.

Families struggle to talk about the abuse after it has ended so trauma is often not acknowledged or addressed.

Children recover better from domestic abuse if their non-abusive parent supports them, but due to the effects of abuse, the mother is not always in the right place to provide this support.

Domestic Abuse: Recovering Together

Mother and child attend the DART programme together and are able to talk about domestic abuse in a supportive environment.

Mother and children have a better understanding of domestic abuse and healthy/unhealthy relationships.

Mother understands better how her child was aware of and affected by domestic abuse.

Mother has greater self-esteem and confidence in her parenting.

Mother and child are less likely to become involved in abusive relationships in the future.

Mother and child have improved their relationship.

Mother begins to recover from domestic abuse experience and is therefore in a better position to support her child.

Mother and child are safe from further domestic abuse incidents.

Child begins to recover from domestic abuse experience with mother’s support, as indicated by a reduction of emotional and behavioural difficulties.