

## What should you NOT do if your Mom and Dad fight?

- You should not try to stop the fight....you may get seriously hurt.
- You should not feel that you are responsible for your parents fighting....it is NOT your fault.

## What SHOULD you do if Mom and Dad fight?

- You should talk to another adult...someone you trust, like a grandparent or other relative, or a teacher or pastor. Tell them how it is upsetting you to see your Mom and Dad fight. Tell them if it happens often.
- Do not try to break up the fight... you might get hurt.
- Stay in your room or go to a neighbour's house to be safe.
- If you are worried about your Mom and Dad fighting, call:

**Crisis Centre on 328-0922**

## Things you should remember

- Violence is NOT okay.
- It's not okay for Moms and Dad to fight.
- It's not your fault
- It is scary for you to see or hear Mom and Dad fighting.
- You should not have to see or hear your Mom and Dad fighting.
- You do not deserve to have this in your family.
- You deserve to be safe.
- There is nothing you could have done to prevent/change it
- There are things you can do to keep you safe if it happens again. (For example, staying in your room, going to neighbors, etc.)

**You are important and deserve to be safe and happy**

# When Mom and Dad Fight



**The Crisis Centre  
P.O.Box EE-17910  
Nassau Bahamas**

24-Hour Hotline: 328-0922  
Family Violence Unit: 322-4999  
Fax: 328-7824  
email: bahamascrisiscentre@yahoo.com  
www.bahamascrisiscentre.org





## **When Mom and Dad Fight**

It is normal for people to disagree and sometimes we become angry when someone else does not think the same way as we do. This can happen especially when

we have had a bad day or when someone at work or school has annoyed us or hurt us in some way. That can make us irritable.

Usually, we calm down and respect the other person's point of view. We may not agree with them but we can learn to accept that we do not all think alike.

Most Moms and Dads argue from time to time. They have a lot of responsibility and that can be very stressful.

In most cases, Moms and Dads sit down quietly and discuss any concerns they may have and come to a decision which benefits them both and their children.

Sometimes though, if one or both Mom and Dad are very angry, they find it difficult to reach a solution and may get into a fight.

This can be very frightening for children in the home as they watch or hear Mom and Dad hurting each other. They do not know what to do. They feel they should do something to stop the fight but they are afraid. They are worried that Mom and Dad are going to be seriously hurt.

**REMEMBER.....IF MOM AND DAD FIGHT, IT IS NOT YOUR FAULT. YOUR MOM AND DAD LOVE YOU**

**If you are, or anyone you know is, being abused, please call the Crisis Centre on 328-0922.**

**We offer free counseling for anyone who is experiencing any form of family violence or abuse.**



## **If your Mom and Dad fight**

It can be very scary to see Mom and Dad fight. If this happens, you may:

- Feel that Mom and Dad do not love you
- Be afraid that they may hurt each other seriously
- Not be able to sleep well
- Have stomach aches or headaches
- Want to keep away from other people
- Want to fight your brothers or sisters or your friends at school
- Not be able to concentrate at school
- Find yourself crying or screaming
- Feel that you are responsible for your parents fighting
- Feel that you should do something to stop them fighting
- Feel angry or sad

**It is normal to have any of these feelings.**