



When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse

By Lundy Bancroft

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Written by a therapist who specializes in abusive men, this guide reveals how abusers interact with and manipulate children—and how mothers can help their children recover from the trauma of witnessing abuse.

Can my partner abuse me and still be a good parent? Should I stay with my partner for my children's sake? How should I talk to my children about the abuse and help them heal? Am I a bad mother?

Mothers in physically or emotionally abusive relationships ask themselves these questions every day. Whether it's physical or "just" emotional abuse, whether it's aimed at them or you, whether they see or hear it, your kids need you.

This book, the first ever of its kind, shows mothers how to:

- Protect children and help them heal emotionally
- Provide love, support, and positive role models, even in the midst of abuse
- Increase their chances of winning custody
- Help their kids feel good about themselves

“A must-read for every mother who has been abused...it offers the knowledge women need to protect their children and help them heal.”—William S. Pollack, Ph.D., author of the national bestseller *Real Boys*

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Editorial Review

From Publishers Weekly

Nearly three-quarters of women who are chronically mistreated by their partners have children. In this sensitive, respectful book, counselor, speaker, trainer and activist Bancroft (*Why Does He Do That?: Inside the Minds of Angry and Controlling Men*) gives those women ways to help their children heal from the pain of seeing such abuse. Using anecdotes, Q&As, bulleted "points to remember" and a caring but firm tone, Bancroft tells abused mothers exactly what actions they should take to help their children. Don't blame children (or yourself), he says, and let children know it's good to talk about the verbal or physical abuse they've been exposed to. Bancroft coaches moms to tell their children abuse is wrong, but warns them not to criticize the abuser as a person if he is a father-figure to the children. Bancroft's important book addresses peripheral issues, too, such as the effects of separation and divorce, and dealing with child protective services and the family court system.

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From [Booklist](#)

Bancroft draws on 16 years of counseling men who abuse women and as a custody evaluator and child-abuse investigator to offer sound advice to women who are abused by their partners and are concerned about the impact on their children. Without judging women in abusive situations, Bancroft emphasizes that they are in the best position to help their children heal after witnessing abuse. She begins by describing how children view abuse from verbal put-downs of their mother to physical abuse and how their conflict and confusion manifest in a range of symptoms from sleeping and eating disorders to underperformance in school. She ends each chapter with action guidelines for women called "What Can I Do?" Bancroft analyzes the pros and cons of deciding whether to stay with or leave an abusive partner and offers coping strategies that include teaching children to be open about their feelings and devising a "safety plan" of escape if necessary. She also offers advice on choosing therapists and support groups, and practical skills for rebuilding the family. *Vanessa Bush*

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Review

"If you have a child who has seen or heard abuse, this book is for you."—Patricia Evans, author of *Teen Torment: Overcoming Verbal Abuse at Home and at School*

"The perfect, long-awaited guide for mothers who have been abused...also essential reading for every social worker, custody evaluator, guardian ad litem, custody attorney, child protection worker, and judge."—Joan Zorza, Esq., editor, *Domestic Violence Report*

"The system to protect the abused is seriously flawed. Bancroft helps mothers win the battle using the court's rules while empowering them to write new ones."—*The Cleveland Plain Dealer*

"A gift to mothers who are in abusive relationships. With exceptional compassion and deep understanding, Lundy Bancroft helps abused mothers understand how their children are affected by an abuser's attitude and behavior, and empowers them to...help their children heal...I strongly recommend the book to mothers who are currently being abused or who have been abused in the past, as well as to therapists who work with abused women and their children."—Beverly Engel, MFT, author of *The Emotionally Abused Woman* and *Loving Him Without Losing You*

“Wonderful—this book covers the most important concerns facing an abused mother, in a friendly and compassionate tone that helps women avoid self-blame, while empowering them to promote their children’s well-being.”—Mo Therese Hannah, Ph.D., psychologist, Siena College

Users Review

From reader reviews:

Peggy Ross:

Information is provisions for anyone to get better life, information nowadays can get by anyone on everywhere. The information can be a knowledge or any news even an issue. What people must be consider if those information which is inside former life are challenging be find than now is taking seriously which one works to believe or which one often the resource are convinced. If you find the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse as your daily resource information.

Edward Foland:

Your reading 6th sense will not betray an individual, why because this When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse book written by well-known writer who really knows well how to make book which can be understand by anyone who read the book. Written within good manner for you, leaking every ideas and creating skill only for eliminate your current hunger then you still hesitation When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse as good book not just by the cover but also through the content. This is one e-book that can break don't evaluate book by its handle, so do you still needing an additional sixth sense to pick this particular!? Oh come on your looking at sixth sense already told you so why you have to listening to a different sixth sense.

Andre Todd:

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Graham Ayala:

That publication can make you to feel relax. This book When Dad Hurts Mom: Helping Your Children Heal

the Wounds of Witnessing Abuse was colorful and of course has pictures around. As we know that book When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse has many kinds or genre. Start from kids until youngsters. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore not at all of book tend to be make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book for you and try to like reading in which.

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