



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

Lundy Bancroft

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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. Here, a counselor reveals how abusers interact with and manipulate children-and how mothers can help their children recover from the trauma of witnessing abuse.

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

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