

# HOW SHOULD CAREGIVERS RESPOND TO A CHILD TELLING THEM ABOUT **SEXUAL ABUSE?**



Dr. Sandra Baita

When children find a way to explain the sexual abuse that they have suffered, they need someone who will listen to their story and understand what has happened to them. Dr. Sandra Baita provides some pointers for responding to a child who has turned to you for help.



## TAKE A DEEP BREATH AND TRY TO STAY CALM

Seeing intense emotions in a parent or caregiver can overwhelm or stress the child.



## ASK THE CHILD TO TELL YOU MORE

Create a safe space where they feel comfortable to talk and be a listening ear.



## GIVE THE CHILD YOUR FULL ATTENTION.

It can be easy to let your emotions take over, but the most important thing to do is to be present for the child.

Dr. Sandra Baita is a Licensed Clinical Psychologist, Child Therapist, EMDR Therapist, and Approved Consultant. She has worked for public agencies of the City of Buenos Aires for 15 years, working with abused children and adolescents, and now has a private practice.



Listen to the episode “Supporting Children (and Adults) Who Have Been Sexually Abused” for more.

