



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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Date : Published March 1st 2005 by Berkley (first published 2004)

ISBN : 9780425200315

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Format : Paperback 384 pages

Genre : Nonfiction, Psychology, Sociology, Abuse, Health, Mental Health, Parenting

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From Reader Review When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse for online ebook

Aimee Park says

This is an incredibly insightful book. Every social worker and therapist should have his insight and also read, "Why does he do that" by the same author.

Its incredibly validating and an excellent guidebook

for anyone dealing with abuse or helping someone else understand or leave an abusive relationship.

Also explains very well, the smear campaign that happens when you leave.

Nicole Perry says

I read this book a few years after finishing Bancroft's other book, "Why Does He Do That?", where he writes about his experience as a Psychologist working with abusive men. I wasn't sure if there'd be enough new material to make it a worthwhile purchase, but then I had an influx of clients who had left abusive relationships and also had children. I could work with them brilliantly to help them understand their ex's abusive behavior and heal from it, but when it came to custody issues, I had no idea how to help them. I started with the resources on Bancroft's website and then immediately ordered this book.

The book has been an invaluable resource to me and to the women I work with, all of us dealing with a broken system. The courts by and large still don't understand that if a man is abusive to his children's mother, he can't possibly be a good father. The book breaks it down clearly and without doubt.

I've got sticky notes galore in the book, so it's almost difficult to choose what to highlight. One thing I really appreciate is just how specific and clear the suggestions are. For example, under "Understanding Your Children's Wounds" he writes, *"Help your children not worry about you. Tell them, 'Mommy is going to be okay,' or 'I'll get through this, I can take care of myself,' even if some days you don't truly feel so sure"*. In "Protecting Your Children's Boundaries", he suggests explaining the difference between "good secrets" and "bad secrets".

The chapters on making your way in the family court system were also really wonderful. Again, the suggestions are clear and specific, and they're based on direct, lived experience. He directly addresses the challenges mothers face and combats the myth that women have it easy in the family court system.

Bancroft has spent over 17 years specializing in domestic violence, and the experiences he draws from are absolutely worth the read. Good for clients and practitioners alike. You will absolutely learn something from this book.

Heidi Smith says

This book is mostly geared towards women who have been or are in abusive relationships. Most of it was interesting, but not necessarily related to my situation with foster parenting. There were parts, however, that were excellent and very insightful.

Holly Noelle says

Needs to be required reading for every doctor, therapist, judge, police officer, social worker, politician, and lawyer out there.

Anjle says

This is a very accessible, easily understandable, and well-organized book.

I would recommend it to parents and children who were direct victims of or witness to abuse.

I read this as an adult survivor of child abuse, and it gave me insight into why my mother made the decisions she did.

I've since given it to her to read, and so far, it has opened up a lot of discussion and helped me heal my relationship with my mother somewhat (I am much less resentful and angry than I was a few years ago).

It also helped me unpack a lot of what I witnessed as a child, and feel validated, as I could read about people who had been in similar situations.

Kenzie Gordon says

A great resource for non-abusive parents and supporters of children who have been/are being exposed to domestic violence; designed to be readable and accessible, it contains honest assessments of judicial and child protection systems and helpful advice on how to navigate it in kids' best interests.

Christine Murdock says

The best information I have received in regards to children and domestic violence. especially, when it comes to discipline and behavior issues. It is important to understand how children express their feelings and how best to support and comfort them.

Courtney says

same same - this writer writes about a subject - I wish i could articulate on so well. He is such a resource for survivors and those that care about them.

Corin says

Any woman going through a divorce should read this, as well as any woman in a relationship that feels abusive, even if she's not sure what is happening to her "meets the definition."

circle says

audiobook!

Caroline Abbott says

Another great book to help the abused by Lundy Bancroft. So helpful for moms who have been abused who have children who were unfortunately stuck in the abuse with her. Now she wants to help them heal, but she is still needing healing herself. Such good practical steps, and a lot of great information I didn't know. I can't recommend this one enough! Thanks Lundy!!

Abby says

As a domestic violence advocate, I recommend this book to all of my female clients with kids. This is a great book for any woman who has been in a domestic violence relationship, as well as people who work with women and children who have been abused. This book takes the stance that women are the only ones that are abused, so I would not at all recommend this book for a male client of abuse. However, it is great for female victims.

Terrah Mayes says

All social workers should require the parents of children who've had to witness, experience or hear domestic abuse to read this book! Kids blame themselves- this is a hard book to read- but it's important to understand the effects on all children.
