Our children need to be protected from:

- Neglect (Emotional, Physical)
- Abuse (Emotional, Physical, Sexual)
- Exposure to people abusing alcohol and drugs
- Exposure to violence in the home and community

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They damage the developing brain - and lead to learning problems, difficulty managing emotions, difficulties with relationships and poorer health and mental health.

If as a Mum, Dad or Carer you are struggling, seek support.
Your kids well-being depends on it.

Seeking/accepting support shows strength and courage