As parents, the best thing we can do to help our children cope with violence is to be aware of the different ways it can happen and to try to prevent it from happening in the first place. There are many things you can do to make sure your child is safe and secure in your home.

First, it is important to establish clear rules and guidelines for behavior in your home. Let your kids know what is expected of them and that you will be fair and consistent in enforcing these rules. This will help your kids feel secure and know what to expect from you.

Second, it is important to teach your kids about the dangers of violence and how it can affect their lives. You can do this by talking to them about the things you see and feel. For example, you might say “Your father and his friends used to bully me when they were growing up. I don’t agree with the message that show violence gives you strength or power. It doesn’t. It make you weak and scared.”

Third, it is important to encourage your kids to talk about what they see and hear. This will help them get the support they need and will also help them to understand the importance of using words and not being violent.

Fourth, it is important to offer tools to cope with feelings. When your kids are sad or angry, help them find ways to deal with their emotions. This will help them to understand that there are other ways to express their feelings and that they don’t have to use violence.

Finally, it is important to be a good role model. Your kids will look to you for guidance and will copy your behavior. So, make sure you are doing the right things for your child.

Remember, violence is never the answer. It is important to teach your kids that they should never use violence to solve problems. Instead, they should learn to use words and other ways to express their feelings.

By following these tips, you can help your kids to feel secure and safe in your home. You can also help them to understand the importance of using words and not being violent. So, make sure you are doing your part to help your kids stay safe and secure.