

Q: How might I feel?

A: The trauma of what has happened may seem overwhelming. You may have feelings such as anger, guilt, shock, helplessness, or isolation.

It is natural to spend much time and energy helping your child but don't forget to look after yourself. The stronger you feel the easier it will be to give your child the support he/she needs.

Q: What can I do to help my child?

A: Keep calm. Listen. Try not to transfer on to your child your own anger, shock or embarrassment. Most importantly, believe and reassure your child. Praise your child for telling. A settled, normal routine is reassuring to children.

Who can you ask to refer you?

If your child is having a medical examination, you can ask the Paediatrician at the time of examination. Alternatively, you can ask your GP, Social Worker, Health Worker, Health Visitor or Community Paediatrician.

Contact details:

The Meadows
Child and Adolescent
Mental Health Service
3 Rillbank Terrace
Edinburgh
EH9 1LL

Tel: 0131 536 0534



The Meadows

Child and Adolescent
Sexual Trauma Service



Information for
parents/carers

Disclosure

Your child has disclosed abuse, perhaps by a family member, someone close to you or a complete stranger. It may feel like your world has been turned upside down, but there is a lot you can do to help you and your child get through this.

What next?

We offer you an opportunity to talk about what has happened to your child and how it affects you.

We will try to answer any questions and address any fears that you may have. We can help you support your child.

Remember, you know them best and you are the most important person in their life.

Commonly asked questions

Q: Why didn't my child tell?

A: Children and young people don't tell for a number of reasons; they may not have known it was wrong, they may have been threatened by the abuser, they may feel embarrassed or ashamed, or the abuser may be someone that they know and like.

Q: Whose fault is it?

A: Adults who sexually abuse children and young people are skilled at befriending them. Your child is never to blame for the abuse.

Q: How might my child react?

A: Some children and young people show no obvious signs of distress. With others you may notice significant changes in behaviour; for example, changes in sleeping patterns,

eating, or friendships. They may appear withdrawn or angry at home or at school. Some children who have been abused display sexualised behaviour for a while. This is a common reaction. We can help you manage this.

Q: Will my child need to be seen?

A: Not necessarily. Often parents are the best people to support their child. We can help you to do this. The decision about whether your child needs to be seen now, or in the future, will be made together with you.

