

# A PARENT'S GUIDE TO SELF-INJURY

## #1 Know the Basics!


What is self-injury? A deliberate act to injure the body as a way of coping with emotional distress or discomfort.


How are kids injuring? There are many ways to injure. Popular methods among kids are cutting, scratching, burning, hitting, or over medicating themselves.


Why do kids injure? To communicate emotional pain to others, to distract themselves from emotional distress, or to feel something when experiencing numbness or a disconnect.

Short term  
intervention


## #2 How to Respond to Your Kid


 Respond with compassion and love, express concern

 Give acceptance to their feelings and experiences

 Use and teach basic first aid to treat wounds. If severe go to nearest ER for Care

 Listen patiently and with out judgment. Show Understanding

 Give encouragement and support in finding new ways to cope and resources for help

 Suggest trying short term distractions to get through the moment like listening to music

Long term Intervention

## #3 What To Do When Your Kid is Injuring

- Find a good counselor for your kid to talk to and learn coping skills from
- Reflect on parenting and communication patterns and consider areas of improvement.
- Be consistent with your kid and provide logical and natural consequences.
- Spend more one to one time with your kid without electronics
- Limit his/her use of social media that is age appropriate. Limit # of accounts to 1 or 2.

## #4 Resources

- ◆ S.A.F.E Alternatives <http://www.selfinjury.com/>
- ◆ 1.800.DONTCUT
- ◆ Cutting and Self-Harm: Warning Signs and Treatment Parents should watch for symptoms and encourage kids to get help. WebMD Feature Archive by Jeanie Lerche Davis Reviewed by Michael W. Smith, MD
- ◆ <http://www.suicidepreventionlifeline.org/>
- ◆ National Suicide Prevention Lifeline Crisis Self-Harm: 1.800.273.8255
- ◆ Family Tree Counseling: Free short term services <http://ccdounseling.com/family-tree-program/family-tree-description/>