

## Good Treatment: a strategy for prevention

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#GOODTREATMENT

**GOOD TREATMENT:**  
A strategy for the  
prevention of child  
sexual abuse

**BLOG**



@TheDominicanAmericanCoalitionofConnecticut



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Various investigations and studies on parenting in the Latino community allow us to know that parents tend to repeat in their children the parenting practices that they received, so in some families the mistreatment of their children is normalized, which is not acceptable under no circumstances. That is why, from **THE DOMINICAN-AMERICAN COALITION OF CONNECTICUT**, we will make known the importance of teaching kind and respectful treatment from the home, to break with abusive patterns that directly harm the full development of our children.

### What is the good treatment?

It is the ability we have to relate to others, based on respect and appreciation for their dignity, in which through empathy we can understand their needs; in addition to effective communication as a central axis in the resolution of conflicts without violence and the way to set limits at home.

When we speak of the good treatment of adults towards children, we refer to those practices that correspond to the fulfillment of their needs for care and well-being in order to provide safe spaces for their full development and growth in environments that are respectful, affectionate and safe. Far exceeding the provision of food or a roof, because, although it is Important, it is not the only thing that parents and/or caregivers must provide to minors.

One of them is the psychologist Inés Di Bartolo, who in her book "Attachment and parenting" highlights the attachment as the bond that unites us, first with our parents in childhood and then throughout our life with other people, whom we turn into special people who give us security, comfort and confidence, that is, they are those important figures that can always give us help when we need it.

The bond of attachment is built from birth and is formed day by day with the parents, from their positive response to the emotional and physical needs of their children; this includes the willingness, availability and care they provide to children. With each response, an affectionate bond that makes children and adolescents feel safe, confident and protected, a link that is an essential protective factor in the prevention of violence against minors.

Just like this attachment, the good treatment is learned and developed from childhood, therefore, parents and/or caregivers must have all the necessary skills to counteract any form of abuse, therefore, it is essential to periodically analyze the way in which they raise their children. It's about breaking those parenting patterns based on intolerance, and physical, psychological and even sexual violence, with which they were possibly raised and whose objective is not repeat them. "Our most basic attachments determine our way of being in the world and approaching everything it offers to us. Our attachment model colors very diverse experiences: the way of relating to others, exploration, learning, play, self-esteem, confidence or paternity" (Inés Di Bartolo- Maritchu Seitún 2019).

## **How do we develop the skills for good treatment?**

The first step is to identify what we understand by childhood, transforming old beliefs according to which children are small adults whose only responsibility is to obey, far from games or creative overflow. As parents, we have a role to protect, guide and teach principles, values, emotions and feelings, providing not only food or clothing, but also respect and dignity, therefore, practices such as dialogue, play, listening, attention, study, among other things, should happen daily at home, all based on respect. It is very important to differentiate discipline from physical punishment and understand that, just as adults we have rights and duties, children too. Good treatment begins at home and by example.

Below we will look at the skills that parents and/or caregivers should develop at home.

### **Good treatment skills**

- Love yourself and your family
- Listen and be heard
- Identify, recognize and validate feelings and emotions

- Learn to give and receive gifts, compliments and comments.
- Help others
- Respect social norms and values
- Accept the ideas and opinions of others, even if they are different from their own

It is worth telling caregivers, especially parents, that any change in our lives is a process, the first step is to want to improve in the upbringing and good treatment of our children, so with love, care and patience we will reach the goal.

**THE DOMINICAN-AMERICAN COALITION OF CONNECTICUT**, "Listen, Believe and Transform with Love" plans and executes social projects that contribute to the eradication of all forms of violence against children and adolescents, through the implementation of actions to establish a culture of PREVENTION. Let's keep fighting together for the children, and adolescents to grow up in safe and loving environments.

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