

# CHILD HELP-SEEKING & COPING

*2019 PSYCHOSOCIALS SUPPORT FORUM, WINDHOEK-  
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*Breaking Barriers, Creating Connections*

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## INTRODUCTION

### □ Who is a Child?

Any person under the age of 18 (Law of Child Act No.21 of 2019)

### □ What is Child Help-Seeking

The ability of a child to seek support in case of difficult situations like abuse, when frightened, academic issues and in need of interaction with the caregiver.

# PERSPECTIVES TOWARDS CHILD HELP-SEEKING & COPING

## Early

- Dependence
- A result of deficient development
- Faulty socialization

*If displayed beyond very early childhood*

## Recent

- A ladder from an inherent dependence and
- Reliance on others towards increasing self-sufficiency

# WHEN DOES HELP-SEEKING ABILITY DEVELOP?

- ❖ Help-seeking capacity in children develops through early parent-child interactions
- ❖ Parent-child interaction is vital at this stage and most especially on the first 1000 days

# BARRIERS TO CHILD'S HELP-SEEKING ABILITY

## 1. Maternal Sensitivity & Parental Insightfulness

- ❖ Parents' unresolved traumatic events & Neglect

## 2. Attachment Security

- ❖ When an attachment figure is a source of threat

## 3. Traditional Practices & Child Abuse in Caregiving Settings

- Ways to respond to abuse (family level/ Muhali)
- Taboo around discussing sexual related matters with children
- Threats From perpetrators

# VIDEOS ON MATERNAL SENSITIVITY & ATTACHMENT

## The Still Face Experiment



## Ghosts & Angels in the Nursery (Parental unresolved Traumatic events)



# CHILD HELPLINE & HELP SEEKING



# Conclusion & Recommendation

There is a vital need for practitioners and Stakeholders to invest in:-

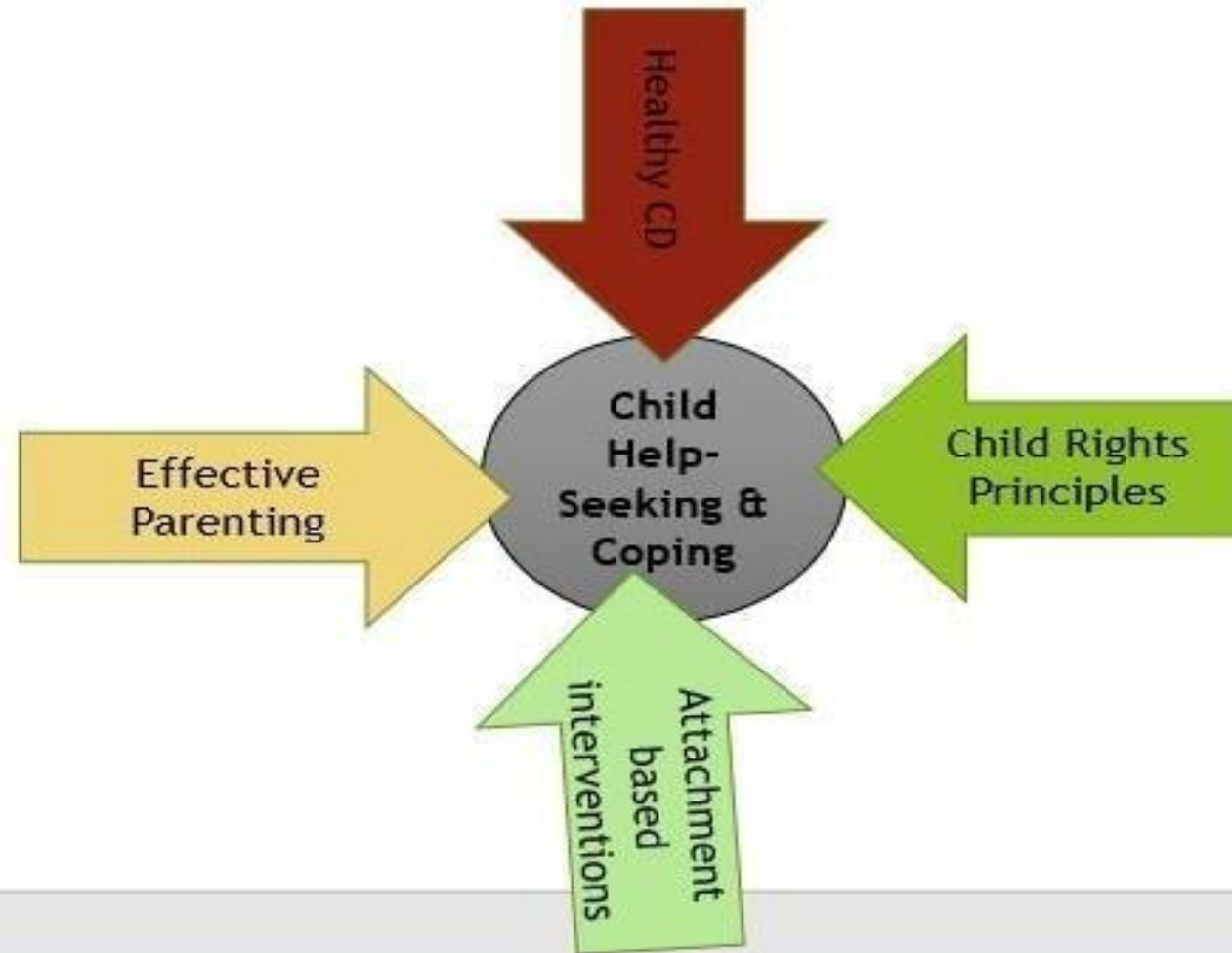
- evidence based parenting practice reinforcement
- attachment-based interventions and research

Parents need to understand and integrate child's

- health Development
- Parenting Skills and
- Child rights principles in their parenting practices

This will help them foster children's ability to help-seeking and better coping strategies and be able to provide sensitive caregiving, promote friendly and safe home environment free from abuse

Child Help-seeking brings together what we know about :-







# A Quote by Alicia Lieberman

*“In every intervention we need simultaneous attention to the Light and to the Shadow”*

THANKS FOR LISTEENNING

