

# WHAT TO SAY TO YOUR CHILD FOLLOWING A CAC INTERVIEW

It's completely normal to feel overwhelmed and have a lot of questions right now. Here are some tools to help you navigate this process and support your child. The most important thing is to remain calm.

## Initiating conversation after the interview

- Let your child know that talking with the interviewer was the right thing to do and acknowledge the courage it took to do so
- Be careful not to interrogate, quiz or question your child about the interview or abuse. Any questions you have may be directed to the caseworker, detective or counselor
- Be calm and supportive. It may be difficult to listen to what your child has to say, but your child needs to talk to someone who believes and supports them. Don't share your feelings of frustration or helplessness with your child.
- It is very important that your child be allowed to express their thoughts and feelings with you. Follow your child's lead, however. If your child doesn't ask, you don't need to talk about it.
- Do not lead your child to believe that the interview is the only part of the legal process in which they are to be involved. It is possible that your child will be interviewed again or asked to testify in court.

## Responding to sexual behaviors, language & questions

Ask yourself first:

- Why are they saying this?
- How am I feeling?
- What do I want the child to learn? What do I want the child NOT to learn?
- What response or reaction on my part will convey the message I want them to learn?

## When you don't know what to say, try these prompts

- I see that you are...
- How did you get the idea to do that?
- Tell me more...
- I see you.... That is not for children. You must stop.
- What does that mean? ...I am glad to know you are interested in that.