



they can realise their dreams. Teach them to make choices but within boundaries you've set to protect them.

A child who experiences love and emotional safety at home can do anything and will have no fear, Tessa says.

Give your child the space to talk about his fears and show his emotions, Tumi adds.

When our car was stolen we allowed Katlego to repeat the story over and over to everyone so he could get it out of his system. Create a network of reliable adults your child can talk to or phone when he's afraid family, neighbours and friends' parents.

↳ If your child says he feels unsafe ask what exactly makes him feel that way, Dennis Vusani says. Dennis is a social worker at the Nonceba Family Counselling Centre for abused children in Khayelitsha.

Discuss the fears, work through possible scenarios together and arm him with tips on what to do in specific situations.

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