



EYDAR

Fife Cedar Plus runs early years domestic abuse recovery (EYDAR) groups for mothers with babies and young children to help them recover from their experiences of domestic abuse

Along with other mothers you will get the chance to talk about domestic abuse and discuss ways to support your child.

We will arrange a crèche for your child for part of the session and there will be a play session with mothers, babies and toddlers together.

If you are interested in finding out more about EYDAR you can ask your midwife / health visitor, support worker, early years officer or social worker.



The group runs over several weeks meeting for 2 hours per week

Domestic abuse affects babies and small children in lots of ways, with perpetrators of domestic abuse often intentionally making it really difficult for mothers. For example:

- telling you that you are a bad mother
- undermining your confidence
- stopping you attending to your child's needs
- not allowing time for babies / children to play
- disrupting children's routines
- frightening the baby / child
- threatening / frightening you

You are not alone with this, EYDAR can help you:

- realise it wasn't your fault
- know how to help your child
- become more confident
- have fun with your child

For more information / informal chat about groups:

telephone: **01592 583676**

e-mail: **cedar.project@fife.gov.uk**



Early Years in Fife



Working together to give children the best start

