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ERICA project

Module 4: Understanding risk factors for child maltreatment



Understanding risk factors for child maltreatment: aims and objectives

Aims:

- Build knowledge of child, parent/caregiver and family risk factors within their cultural context
- Build knowledge of how the pandemic and responses to it can exacerbate existing risk in families

Objectives:

- Understand how risk factors accumulate
- Understand how risk factors can be reduced



What is a risk factor?

- A risk factor increases the risk of negative outcomes
 - In this training we are talking about risk relating to child maltreatment
- Why it is important to recognise risk factors:
 - We can reduce the risks for children who are in a vulnerable position
 - So that society can better offer preventive, timely, available and effective health and social services support



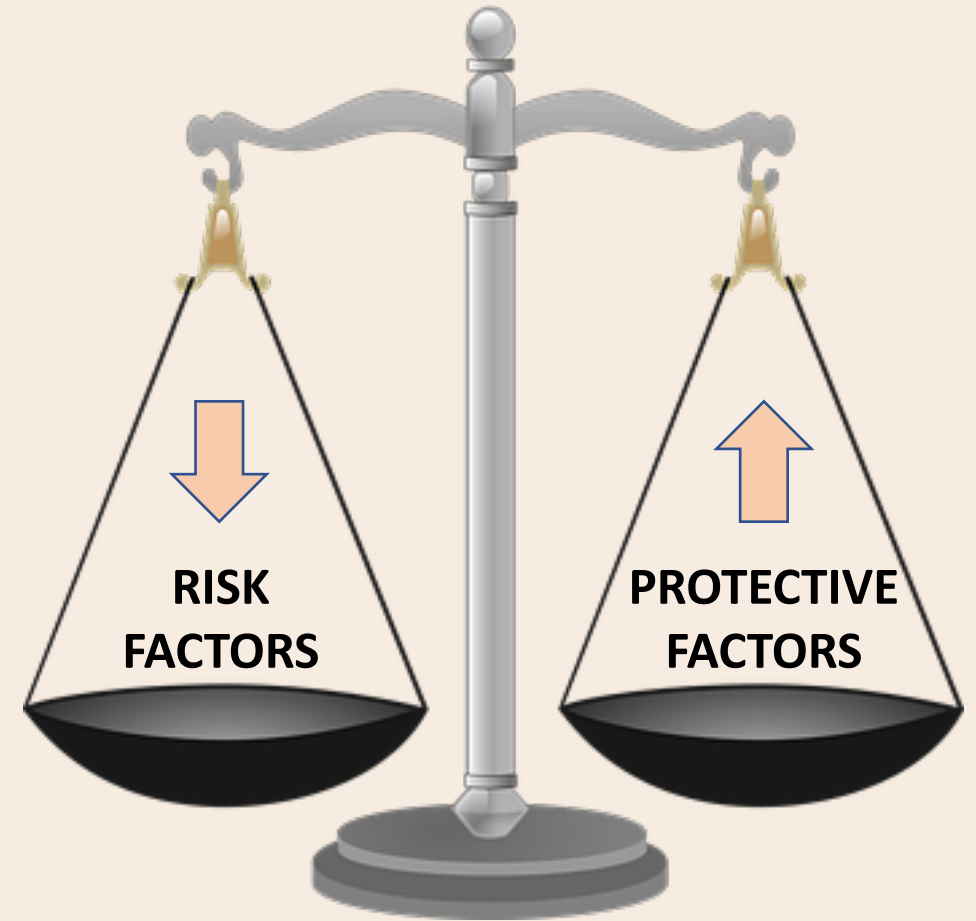
Risk factors vs. protective factors

Two sides of a coin:

- Protective factors *protect* against risk happening

The whole picture:

- Risk factors push from above and burden –
Protective factors uplift and support





No single risk factor or sign alone is necessarily indicative of maltreatment having taken place

- The situation of the child and family needs to be considered as a whole
- Everyone's situation in life is individual: some have strong support networks, whereas others do not have sufficient support
- When one type of maltreatment has been substantiated, it is reasonable to suspect the presence of other types of maltreatment as well





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**The accumulation of multiple risk factors increases
the risk of child maltreatment**

**Knowledge and appraisal of the quantity and nature
of risk factors facilitate the identification of
maltreatment**



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VIDEO: RISK FACTORS RELATED TO CHILDREN



Risk factors linked to child's physical and psychological development

- Complications associated with pregnancy or birth: preterm birth, low birth weight
- Special needs that increase the care burden, such as disability, mental health issues and chronic illness
- Cognitive difficulties and emotional disturbance
- Poor language development
- Young age
- Premature baby, twins.





Risk factors linked to:

Child's behaviour

- Behavioural problems eg. defiance, disobedience
- The child cries a lot
- Irritability of the child
- The child triggers negative childhood memories in the parent
- The child dislikes the parent/rejects the parent
- The child offends the parent or fails to live up to the parent's expectations

Child's social context

- Poor school performance



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RISK FACTORS RELATED TO PARENTS



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Risk factors linked to:



Intergenerational issues

- Parental history of maltreatment as a child
- Childhood trauma passed from generation to generation
- Adverse childhood experiences (ACEs)



Adverse Childhood Experiences

- Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including but not limited to [1, 2]
- domestic violence
- parental abandonment through separation/divorce/death
- a parent with a mental health condition
- being the victim of abuse (physical, sexual and/or emotional)
- being the victim of neglect (physical and emotional)
- a member of the household being in prison
- growing up in a household in which there are adults experiencing alcohol and drug use problems.



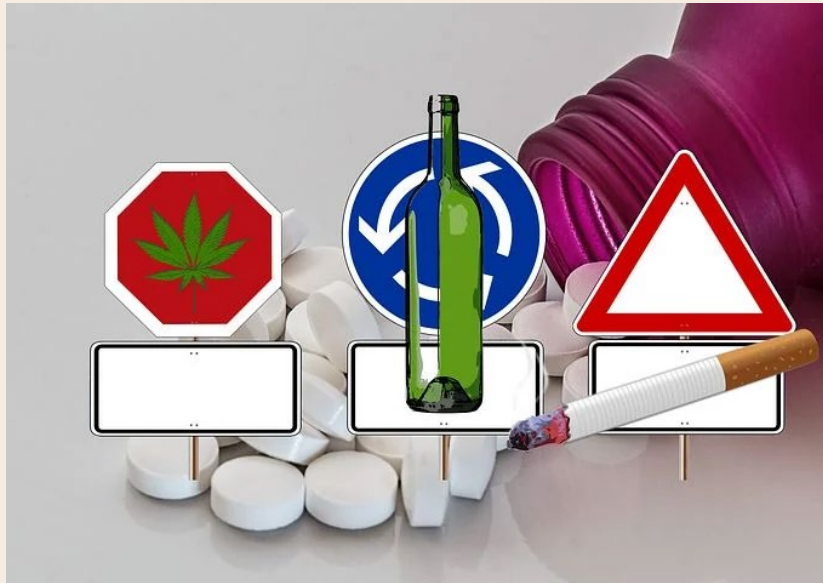
ACEs – long term effects of adverse experiences in childhood

- The effect of ACEs is a cumulative increase in risk for poor health outcomes, often through the adoption of health-harming behaviours
- Those who have experienced 4+ ACEs over the life course are more likely to:
 - Have poor nutrition and develop chronic health conditions, including heart disease and type 2 diabetes
 - Both commit and become victims of violence
 - Have health-harming behaviours, such as high-risk drinking, smoking, drug use, unprotected sex
 - Have encounters with the criminal justice system, and/or have been in prison



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Risk factors linked to:



Parents' substance misuse

- Substance abuse
- Smoking

Parents' own health

- Chronic or acute illness
- Mental health issues



Parents' psychological resources

- Emotional immaturity/learning difficulty
- Difficulty to cope with a challenging situation
- Emotional coldness
- Poor compliance with treatment

Factors linked to parents' overreaction

- Extreme over-protectiveness
- Unrealistic expectations regarding the child



Parenting style

- Low level of parental involvement in childcare on the part of the father or mother
- Authoritarian parenting style and related disciplining practices

Fabricated or Induced Illness (FII)

- The child is under 2 years of age
- The parent as perpetrator of violence
- Complicated medical history (e.g. lots of visits to health care services) in siblings or sudden death of a sibling



Risk factors linked to parents' social context

- Low educational level
- Young age
- Single parent
- Separation or divorce
- Unwanted pregnancy/denial of pregnancy
- Encounters with the criminal justice system
- Parental experience of lack of social support
- Low level of appointment keeping



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RISK FACTORS RELATED TO FAMILY



Factors linked to family's social context

- Several children in the family
- Low income
- Socioeconomic disadvantage
- History of child protective interventions
- Cramped living
- In receipt of welfare services
- Unemployment
- Intimate partner violence
- Parental reluctance to engage in conversation with health professionals
- Social isolation or marginalisation of the family



Factors linked to:

Family's emotional atmosphere

- Family stress or crisis
- Arguing
- Lack of involvement with extended family members
- Little interaction between the child and the parent

Family's social skills and support

- A lack of empathy
- Family perception of lack of social support



Combinations of risk factors accounting for maltreatment:

- Parental depression, alcohol abuse and history of intimate partner violence
- Parental isolation, emotional and communication problems
- Low income, lack of social support, single parent family, personal parental experience of maltreatment as a child
- Mother smoking during pregnancy, more than two children in the family, low birth weight
- Low parental educational level, failure to attend the antenatal clinic during pregnancy, single parent, multiple births, smoking, several children in the family



Towards the prevention of child maltreatment

- Suffering maltreatment as a child does not mean that those individuals will perpetuate maltreatment
- Unfortunately, there are some who are unable to break the cycle of maltreatment which they suffered in childhood
- Professionals are in a key position to guide parents in changing the narrative





Towards the prevention of child maltreatment

- Screening for ACEs and trauma is an integral component of a trauma-informed approach to care
- **Remember:**
 - Screening should be done by a professional
 - Screening is not a diagnostic tool but indicates possible need for child/family support
- Example of ACE screening tools:
[Technical assistance tool for screening for adverse childhood experiences and trauma](#)



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HOW PANDEMIC RESPONSES CAN EXACERBATE EXISTING RISK IN FAMILIES





Risks in families during a pandemic

- There is an elevated risk for child maltreatment during natural and human-made disasters e.g. such as a pandemic or recession
- In the same way disasters increase a risk for mental health and substance use problems, as well as the risk of intimate partner violence
- Caregivers' emotional and mental resources are drained when they face highly elevated levels of stress



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Risks in families during the pandemic

Solantaus et al. 2004, p. 425 [3]:

***“macrosocial changes may affect the
smallest members of society, the
children”***



Risks in families during a pandemic

Quarantine and social isolation

- Quarantine during the pandemic has negative psychological effects on people, including post-traumatic stress symptoms, confusion, anger
- Longer quarantine duration causes, for example: infection fears, frustration, boredom, financial loss, stigma
- Increases risk for violence against women and children through increasing women and children's day-to-day exposure to potential perpetrators



Risks in families during a pandemic

Economic insecurity

- Economic pressure in the family is linked to increasing parental psychological stress as well as harsh parenting. This has been found in different populations including various ethnic backgrounds, family structures and geographic locations.
- Depending on the families' economic situation prior to the pandemic the impact of financial hardship varies in the families
- It has been found that links between financial stress and the caregiver's mental health are stronger among mothers of low-income families compared to middle-income families



Risks in families during a pandemic

Disruption in daily routines

- There may be a dramatic shift in the routines of family life:
 - Social and/or physical distancing (children at home school, parents working at home)
- There is study evidence of harsh parenting if home life is chaotic, which in turn affects the quality of sibling relationships
- In the face of stress the core feature of family resilience is founded on routine and ritual



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