

What can you do if you feel your parents do not love you:

- Try to talk to them about how you feel.
- Tell them it hurts you when they call you names or say bad things to you
- If you do not feel comfortable talking to them, talk to someone else, such as another family member, a teacher or pastor
- Write down your feelings and give it to someone you trust
Call the Crisis Centre on
328-0922



Things you should remember:

- Your parents DO love you
- You deserve to be loved
- No one should be saying bad things to you or calling you names
- You are special
- No one should be beating you
- If your parents are stressed out, it is NOT your fault
- Some parents find it difficult to show love because no one showed them love when they were growing up
- This does not mean they do not love you
- Stress can make people say some really bad things to each other but it is not OK

Do My Parents Love Me?



The Crisis Centre

P.O.Box EE-17910

Nassau Bahamas

24-Hour Hotline: 328-0922

Family Violence Unit: 322-4999

Fax: 328-7824

email: bahamascrisiscentre@yahoo.com

www.bahamascrisiscentre.org



How do I know my parents love me?

Sometimes it is difficult for children to believe their parents love them. When they hear words such as " You are so stupid", " I wish you had never been born", " You are just like your no-good Pa", " My life was wonderful before you came along", "You were a mistake", "Go away, I can't look at your work now...I am too busy" and other statements like that, how can they feel loved?

Maybe you feel like this sometimes. How does it make you feel? How does it affect you?

In most cases, when parents say things like that, it is not because they do not love you. They DO love you. It is just that they may be having a bad day. Maybe someone at work annoyed them, maybe the work load is too heavy and they feel they cannot cope. Sometimes parents are going through their own problems with each other. Sometimes they fight all the time. Many parents, especially mothers, are single parents. This means that they have no support and no help with their children.

They may be worrying about money and bills to pay. There are many things that stress parents these days.

This does not mean it is OK for them to call you names or say bad things to you.....it is NOT OK.

It also does not mean that they do not love you. They DO love you but just do not know how to show it.

REMEMBER.....You are a special person and deserve to be loved.

If you are, or anyone you know is, being abused, please call the Crisis Centre on 328-0922.

We offer free counseling for anyone who is experiencing any form of family violence or abuse.



If you feel your parents do not love you

If you feel your parents do not love you, you may feel very sad. If this happens, you may:

- Feel lonely and depressed
- Feel that you are a bad person
- Think that no one can ever love you
- Not be able to concentrate in school
- Not eat or sleep well
- Wish you could run away from home
- Feel that no one would understand
- Find yourself crying alot
- Have stomachaches or headaches

It is normal to have any of these feelings.