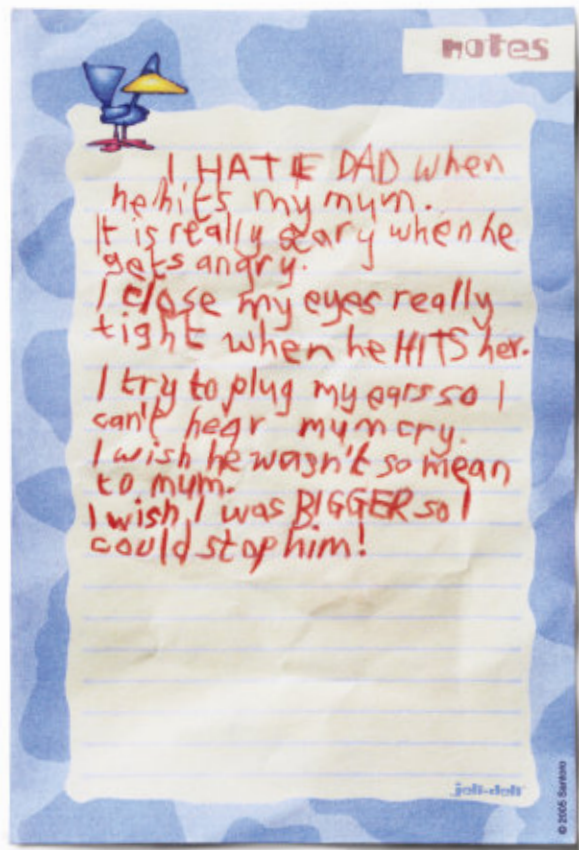


90% of domestic violence is witnessed by children. Don't ignore it. They can't. Please help us protect them by making a donation. Text REFUGE to 80172.



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08/02/2005

I hate tea times

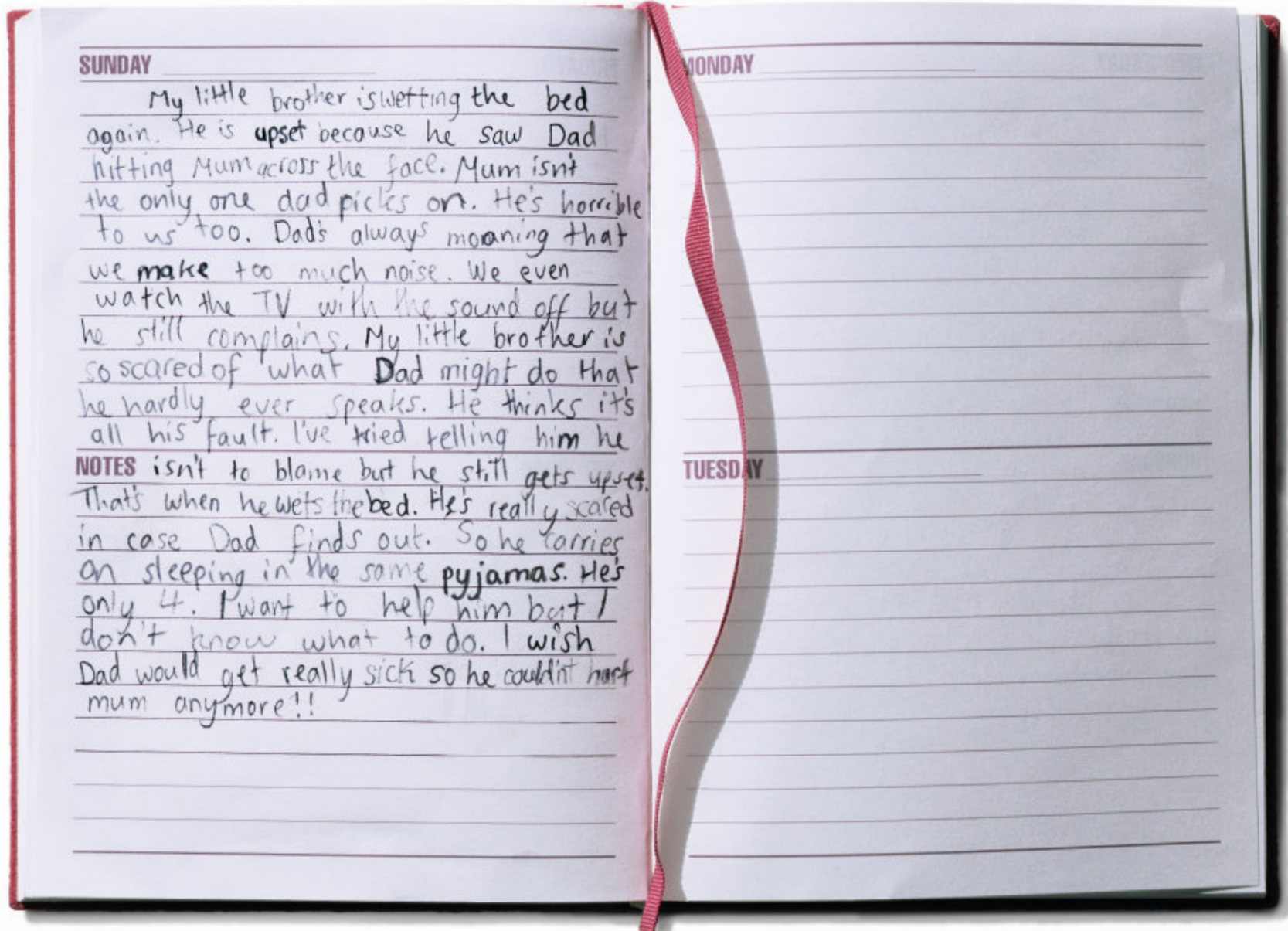
Dad's always shouting and screaming. It's usually about his tea being burnt even though it isn't.

One day he went really mad. He got mum in the kitchen and pulled her ~~the~~ hair. Then he SMASHED her head on a cupboard. There was blood on the cupboard. It was a white cupboard!

He told mum she couldn't tell anyone. And he said if she couldn't be a good wife he would find someone who could.

Then he STORMED out. It was really quiet in the house after that. All I could hear was mum crying.

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**SUNDAY**

My little brother is wetting the bed again. He is upset because he saw Dad hitting Mum across the face. Mum isn't the only one dad picks on. He's horrible to us too. Dad's always moaning that we make too much noise. We even watch the TV with the sound off but he still complains. My little brother is so scared of what Dad might do that he hardly ever speaks. He thinks it's all his fault. I've tried telling him he

**NOTES** isn't to blame but he still gets upset. That's when he wets the bed. He's really scared in case Dad finds out. So he carries on sleeping in the same pyjamas. He's only 4. I want to help him but I don't know what to do. I wish Dad would get really sick so he couldn't hurt mum anymore!!

**MONDAY**

**TUESDAY**

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