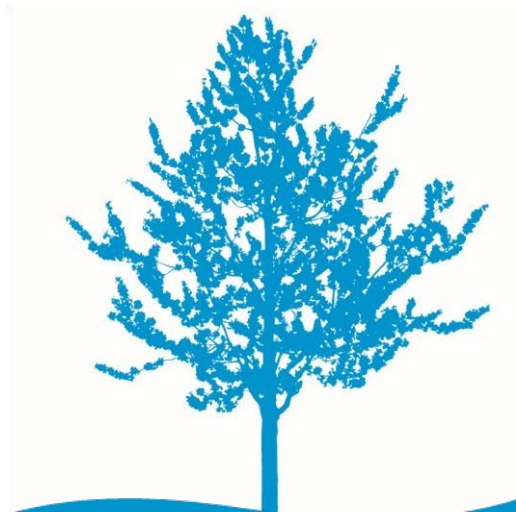


The Meadows

Child and Adolescent Sexual Trauma Service



Information for parents/carers of
children who have problematic sexual
behaviour

Information about this service

Within the Meadows team there are people who specialise in helping children who have problematic sexual behaviour.

Some commonly asked questions

Q: What happens at the first appointment?

A: To begin with we usually see parents/carers without the child being present. This is to give you the opportunity to talk about your child's behaviour and any other concerns you may have. We will try to answer your questions and address any fears. We can help you support your child.

Remember that you know them best and you are the most important person in their life. Sometimes we invite the referrer to this first appointment if it is helpful.

Q: What happens next?

A: As we get to know you, we will involve you in planning the most helpful way forward. This might mean working just with you or other adults involved in the care of your child. It could involve offering your child some appointments, but this is not always necessary.

Q: Why is my child behaving like this?

A: There are a number of possible reasons why your child is displaying unusual or inappropriate sexual behaviour. These might include confusion about growing up, difficulties with building friendships and natural sexual exploration that has gone too far. It does not necessarily mean that your child has been sexually abused.

Q: How might I feel?

A: Parents and carers often feel helpless, embarrassed, isolated, guilty or angry when they find their child has behaved in a worrying sexual way. It is natural to spend extra time and energy helping your child, but don't forget to look after yourself.

The stronger you feel the easier it will be to give your child the support they need. Together with you we will explore ways of managing the worrying sexual behaviour.

Q: What can I do to help my child?

A: Keep calm. Tell your child their behaviour is not appropriate and must not be repeated. Supervise your child's interactions with others until the behaviour subsides. Monitor media use to ensure your child is protected from sexual material. Most importantly, praise them for positive behaviour.

Q: Who can you ask to refer you?

A: If your child is having a medical examination, you can ask the Paediatrician at the time of examination. Alternatively, you can ask your GP, Social Worker, Health Worker, Health Visitor or Community Paediatrician.

Contact details

The Meadows Team
Rivers Centre (1st Floor)
Fountainbridge Library Building
137 Dundee Street
Edinburgh
EH11 1BG
Telephone: 0131 451 7400