

# I Wish For A Rainbow

A book for children who have lived with domestic violence

A Rosie's Place Publication





## I Wish For A Rainbow

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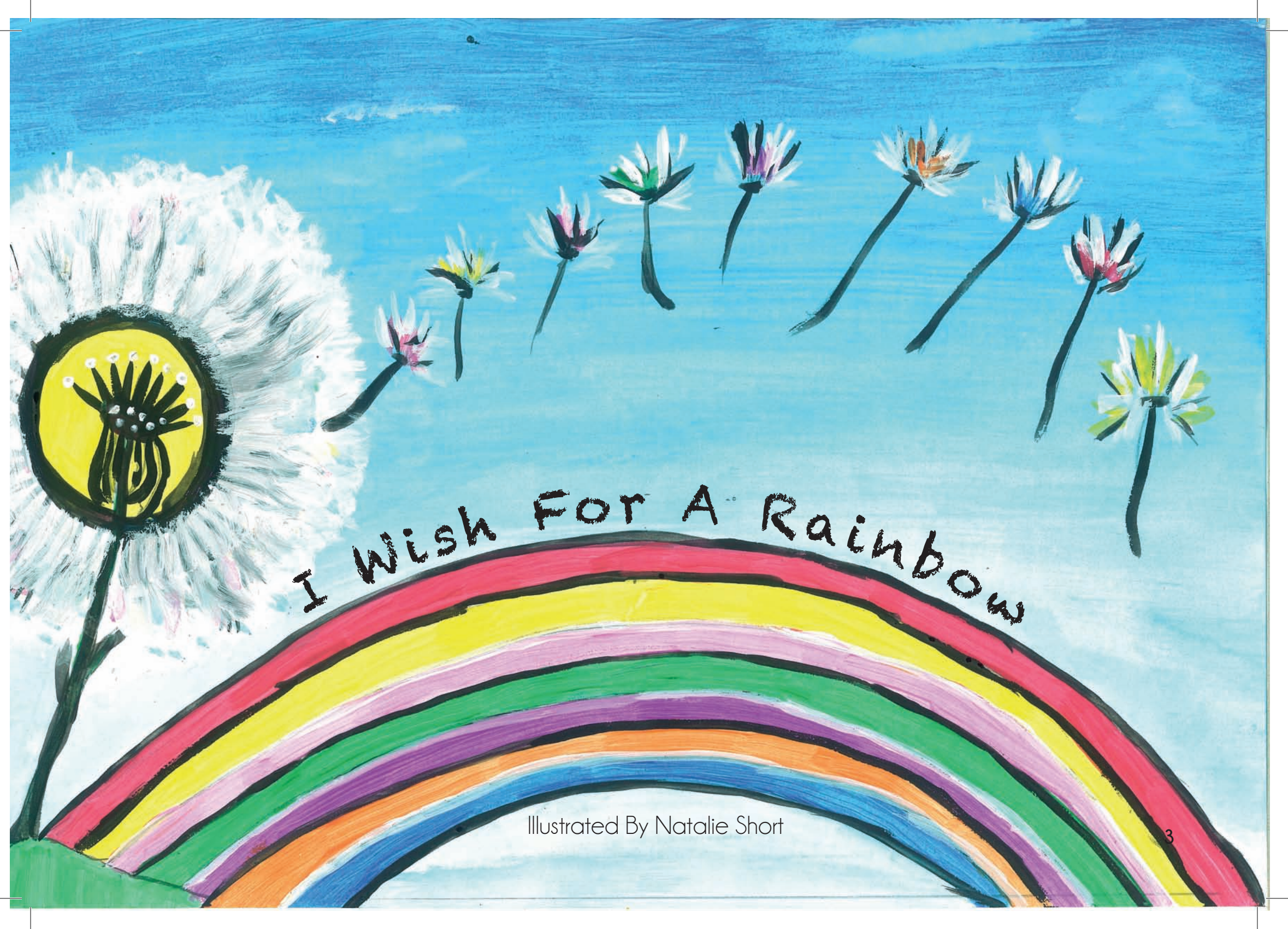
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Illustrated By Natalie Short





## Domestic and Family Violence hurts.

When people talk about domestic and family violence the talking is about what happens between adults in a family.

But when violence happens in a family children are also involved.

When violence happens in a family children get hurt.

They can be hurt by what they see.

They can be hurt by what they hear.

They can be hurt by what they do.

They can be hurt by what they dont do.

They can be hurt by what others do to them.



## About This Book

This book is written after talking with children about their experiences of violence in their homes.  
They talked about their thoughts, their feelings, their families and their losses.

But what they talked about most strongly was their constant hope for one thing -  
That the violence would stop.

They also held other hopes.  
To belong to a family where people didn't hurt each other  
To live in a home where violence never happened again.  
To become someone who would never use violence  
To never be hurt by violence again  
To stay forever safe.

When violence happens in a house there can be:

Lots of **NOISE**

Hitting, Banging, Swearing, Yelling

And lots of **QUIET**

Crying, Whispering, Sighing, Shooshing



I wish for a home where there can be:

Different **NOISE**

Laughing, Singing, Humming, Whistling

And different **QUIET**

Breathing, Resting, Sleeping, Dreaming





When violence happens in a house there can be:

Lots of **MOVEMENT**

Stomping, Throwing, Slamming, Running

And lots of **STILLNESS**

Sneaking, Stopping, Freezing, Waiting





I wish for a home where there can be:

Different **MOVEMENT**

Playing, Jumping, Climbing and Splashing

And different **STILLNESS**

Cuddling, Holding, Sharing, Smiling.



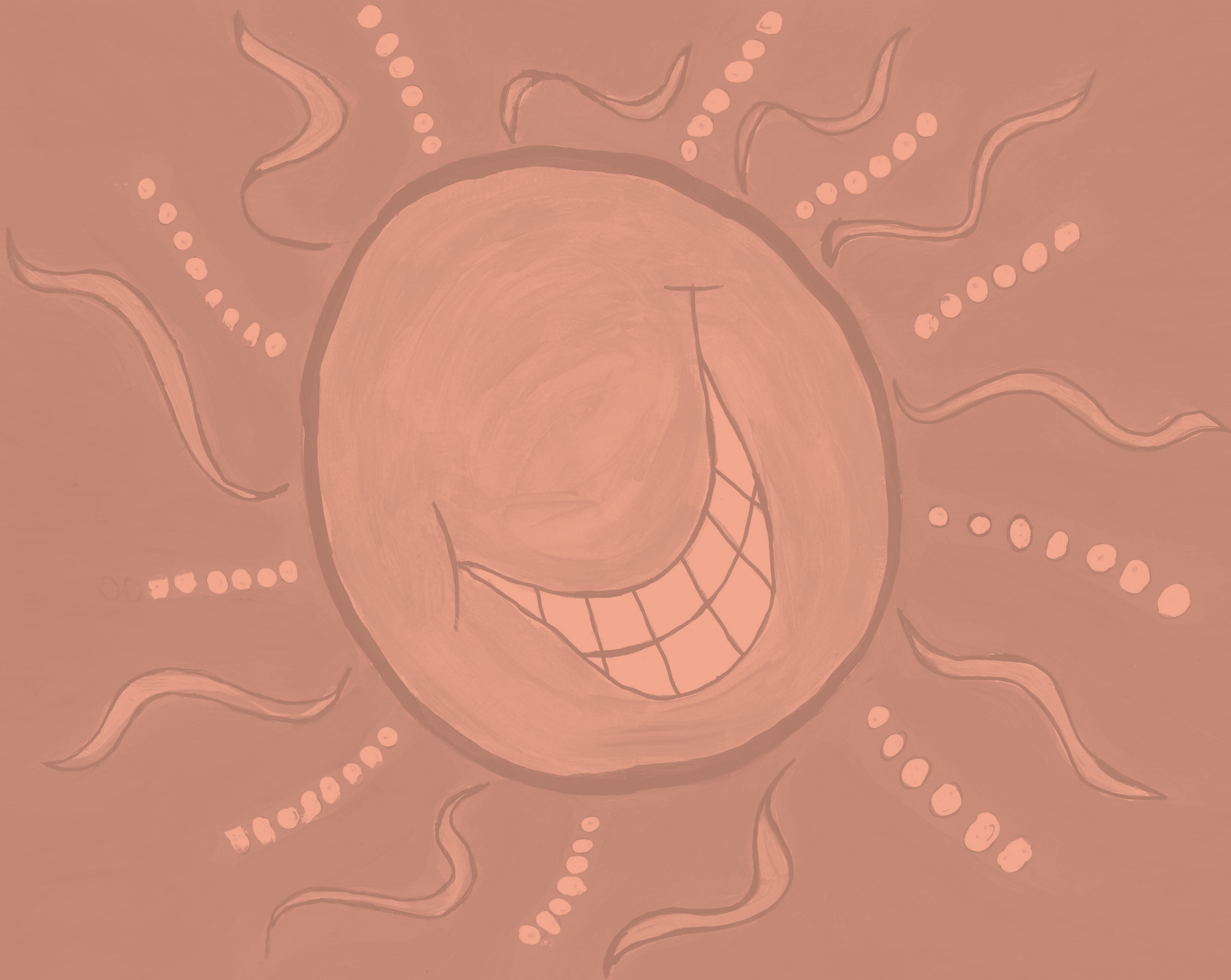


When violence happens in a house there can be:

Lots of **WATCHING**  
Faces, Clocks, Doors, Lights.

And lots of **LISTENING**  
Knocking, Phones, Footsteps, Cars





I wish for a home where there can be:

Different **WATCHING**

Stars, Sunshine, Birthday Candles, School Concerts.

And different **LISTENING**

Music, Rain, Birds, Waves.





When violence happens in a house there can be:

Lots of **THOUGHTS** in my head  
Worries, Questions, Fears, Plans

And lots of **FEELINGS** in my heart  
Tightness, Pounding, Sadness, Broken.





I wish for a home where there can be:

Different **THOUGHTS** in my head  
Homework, Surprises, Adventures, Tomorrows

And different **FEELINGS** in my heart  
Happy, Excited, Calm, Full.





When Violence happens in a house there can be:

Lots of **VISITORS**

Nightmares, Shadows, Strangers, Police

And lots of **ALONENESS**

Hiding, Crouching, Forgetting, Disappearing





I wish for a home where there can be:

Different **VISITORS**

Friends, Parties, Picnics, Holidays

And different **ALONENESS**

Reading, Building, Imagining, Creating







When violence happens in a house there can be:

Lots of fond **GOODBYES**  
Belongings, Pets, Family, Friends.

And lots of strange **HELLOS**  
School, House, Neighbourhood, People





I wish for a home where there can be:

Different **GOODBYES**  
Danger, Hurt, Fear, Worry

And different **HELLOS**  
Support, Safety, Healing, Hope





I wish for a rainbow that takes away

The noise that shatters  
The quiet that cowers  
The movement that protects  
The stillness that hides  
The watching that warns  
The listening that awakens  
The thoughts that worry  
The feelings that pound  
The company that frightens  
The aloneness that isolates  
The goodbyes that sadden  
The hellos that are strange





I wish for a rainbow that gives

The noise that sings  
The quiet that dreams  
The movement that plays  
The stillness that comforts  
The watching that excites  
The listening that relaxes  
The thoughts that imagine  
The feelings that calm  
The company that plays  
The aloneness that creates  
The goodbyes that bring safety  
The hellos that hope





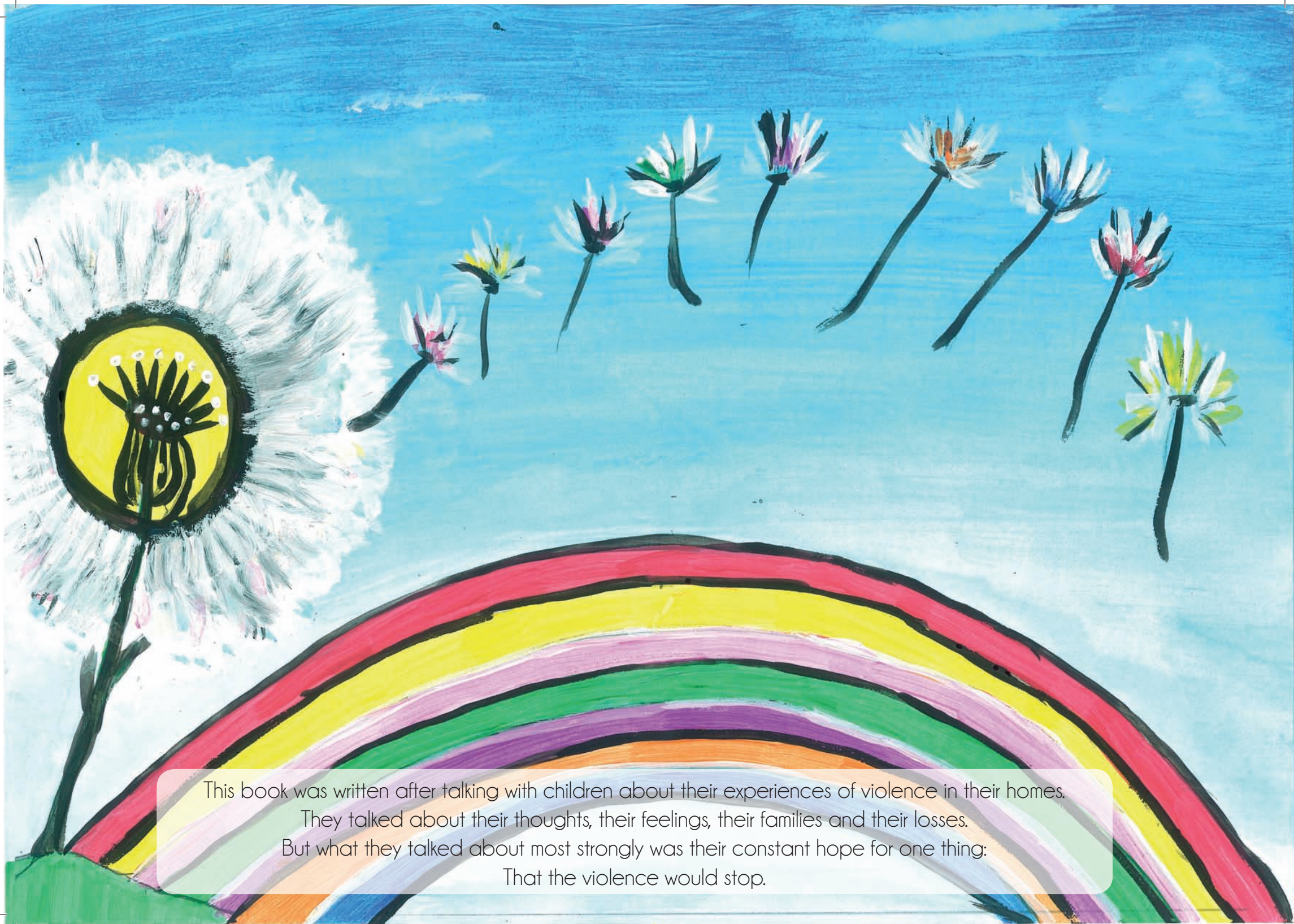




My Rainbow







This book was written after talking with children about their experiences of violence in their homes. They talked about their thoughts, their feelings, their families and their losses. But what they talked about most strongly was their constant hope for one thing: That the violence would stop.