



## TAKE CARE OF YOURSELF SO YOU CAN SUPPORT CHILDREN

- When the stress is too much, take a moment for yourself.
- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- Then just listen to your breath for a while.

Try this every day. You are amazing.

## HELP CHILDREN COPE WITH CRISIS

- Children may be scared, confused and angry. They need your support.
- Listen to children when they share how they are feeling.
- Accept how they feel and give them comfort.
- Be honest but try to stay positive.

Every evening, praise children and yourself for something.

## PRACTICAL WAYS TO HELP US COPE

- Even when it feels hard, try to have some daily routines for yourself.
- Routines help children feel safe. If you can, do daily routines like meals or schoolwork.
- Helping someone else can make you feel better too.

Our children learn calm and kindness from us.

## 5 MINUTES OF POSITIVE TIME WITH YOUR CHILDREN

- Ask children what they would like to do.
- Listen to them, look at them.
- Give them your full attention.

Playing with and talking to children every day helps them feel secure.

## COPING WITH STRESS, UPSET AND ANGER

- Find someone who you can talk to about how you are feeling.
- Losing your temper? Give yourself a 10-second pause.
- Breathe in and out slowly five times. Then try to respond in a calmer way.

Be proud of yourself every time you try this.

## SMALL THINGS HELP KEEP CHILDREN SAFE

- Make plans with children about practical ways to keep safe.
- Try to keep children with parents, family or friends you trust.
- Make a plan together for what to do if you are separated.

Planning with children helps them feel safer too.

## BUILDING CHILDREN'S STRENGTH IN A CRISIS

- Ask children to help with family tasks.
- Praise children for trying or doing well.
- This will help them do good things again.

Praising children shows them that you notice and care.

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### KEEPING OUR FAMILIES TOGETHER

- Tell children that staying together will help keep them safe.
- Keep children with you or someone you trust all the time.
- Hold their hand, have them walk in front of you.
- Stay in the same vehicle with them.

Even when you feel exhausted, you are amazing. Be proud of yourself.

### MAKING A SAFETY NOTE FOR EVERY CHILD

- A safety note is covered in plastic, or kept in a waterproof bag.
- Write the full name & phone number of you and three people you trust.
- Write any medication your child needs, any special needs or disability.
- Hide a safety note on every child (e.g. in a pocket that they always wear, on a necklace or in their shoe).

You are being prepared - we are proud of you.

### MAKING SAFETY PLANS WITH OUR CHILDREN

- Make a song or chant with your child so they memorise your full name and phone number, and number of someone you trust. Go over it every day.
- Every day, agree on a clear place to meet if you are separated.
- Make copies or photos of all your identity documents.
- Hide money or bank cards in different places, in case you lose your bags.

Praise yourself for doing the best you can.

### PROTECTING OUR CHILDREN FROM TRAFFICKERS

- Teach your children that traffickers lie to get someone to work or have sex for them.
- Traffickers can be men, women, couples, in military clothes or coloured jackets.
- Trust your instincts. If something feels strange, get out immediately.
- Ask to see a photo ID before you accept anyone's help, transport or a place to stay. If local police are there, check with them.

These will help you avoid danger, and find the honest people who want to help.

### TRAVELLING SAFELY WITH OUR CHILDREN

- Travel in a group of people you know.
- Keep someone you trust updated with your travel plans, where you are and who you are with.
- Make a code word with people you trust, to let them know if you are in danger.
- Don't give your passport or ID documents to anyone.

Everything you do is protecting your children. You are incredible.

### PROTECTING OUR CHILDREN FROM SEXUAL VIOLENCE

- Teach your child that nobody has the right to touch them.
- Practice saying and shouting "no".
- Talk to them about dangerous places and people.
- If abuse happens, believe your child. Tell them it is not their fault and that you love them.

We know it's hard, but talking with your child helps protect them. We are proud of you.

### HELPING OUR CHILDREN WHEN SOMEONE WE LOVE DIES

- In simple words, tell them the person has died and will not come back.
- Clearly tell children who will be looking after them from now on.
- Listen to and accept whatever your child feels. Children may seem happy but be sad.
- Do something together to say goodbye to the person – a song or letter or prayer.

You must be hurting too. Take a moment to breathe. Be proud of yourself.

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