

# PARENTS AND CAREGIVERS ARE HEROES PROTECTING OUR CHILDREN IN A CRISIS



## 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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