

CARING FOR OUR CHILDREN

We can care for our children by using calm, clear, and positive language.

"Some things are different now. We'll get through it."

"We don't know all the answers. We can figure them out together."

"This won't last forever."

"We help ourselves stay safe and healthy."



Create routines to provide predictability. Be flexible when you need to.



Spend a few minutes one-on-one with children daily.



Model healthy ways of coping.

"I sometimes feel disappointed too. A hug helps me. Can I give you a hug?"

"Do you want to talk about it?"
"It's okay to feel worried."

"Let's take belly breaths together."



Point out ways other people are helping.

"We wear masks to protect them."

"They wear masks to protect us."



Practice gratitude together. What are YOU thankful for?

