

★ WE ARE SAFE AND TOGETHER ★

During stressful and uncertain times, children might act differently.



Their fears could show up as:

- Sleeping trouble
- Stomachaches
- Headaches
- Bed-wetting
- Being clingy

To give them guidance and reassurance, caregivers need to take care of themselves first.

Good self-care is good family-care.

Here are tips for taking care of everyone in your family, including you!



● Be as healthy as you can be. ●



Drink lots of water.



Try to get at least 7 hours of sleep at night.



Give your brain a rest. Limit your news or media.



Eat healthy foods at regular times.

● Take short breaks often, even a couple of minutes! ●



Take 3 deep belly breaths.



Rest your feet.



Go for a walk.



Move your body at least once an hour.



Talk to a friend.



Listen to music, sing or dance.

When we feel calm and capable, we can take better care of our children and families.



caring for each other

Created in partnership with

The LEGO Foundation