CARING FOR OUR CHILDREN

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



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



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



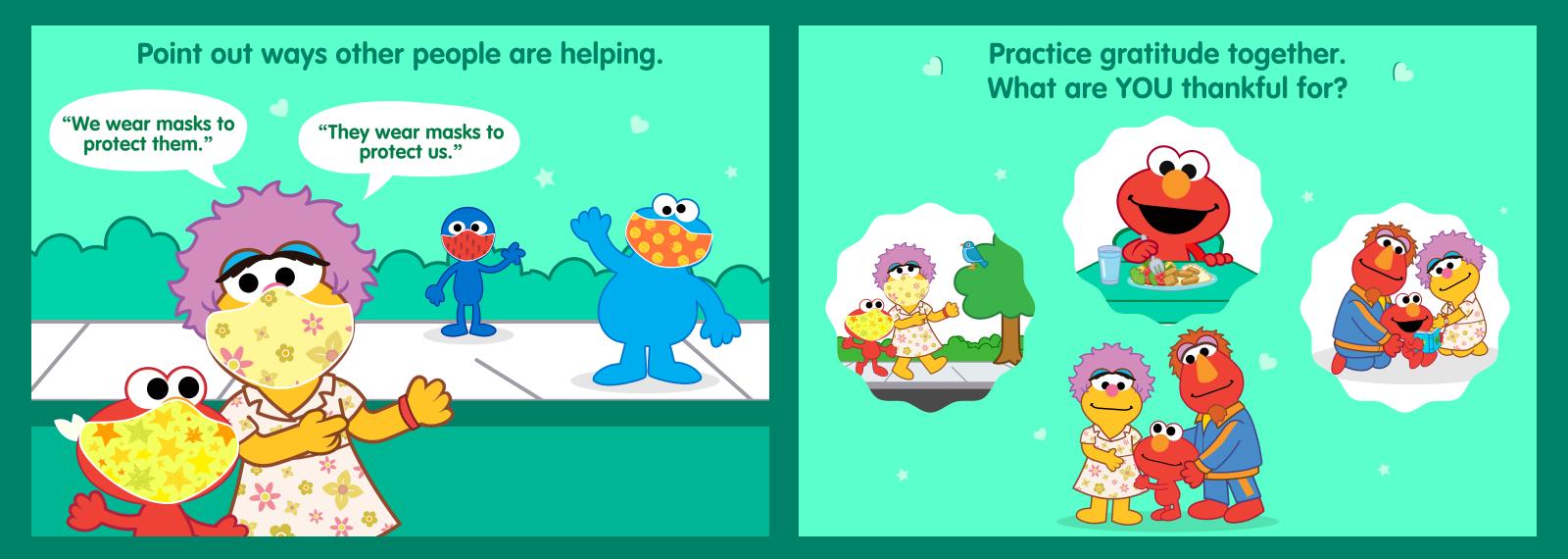
Model healthy ways of coping.

"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."









caring for each other

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