

# PARENTING TIPS FOR CHALLENGING TIMES



## MAKING TRAVEL PLANS WITH OUR CHILDREN

- Make a song with your child so they memorise your full name and phone number, and number of someone you trust. Go over it every day.
- Tell your child where you're going and why, in a way they can understand and handle.
- Make backup copies or photos of all your identity documents
- Praise yourself for doing the best you can.

Parents and Caregivers are **HEROES**  
Protecting our children in a crisis



**“Keep me safe, for in You I take refuge.”** (Psalm 16:1)

Dear God, please help me and give me strength as I keep my children safe. Amen.

No.10