

# PARENTING TIPS FOR CHALLENGING TIMES



## TRAVELING SAFELY WITH OUR CHILDREN

- Tell someone you trust your travel plans, where you are and who you are with.
- When it's hard, remember you're trying your best in a difficult situation.
- Travel in a group of people you know where possible.
- If you need to show your passport or ID, try to keep it in your hands.

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



Dear God, as I travel with my children I will remember that you are my...  
“refuge and strength, an ever-present  
help in trouble.” (Psalm 46:1) Amen.