

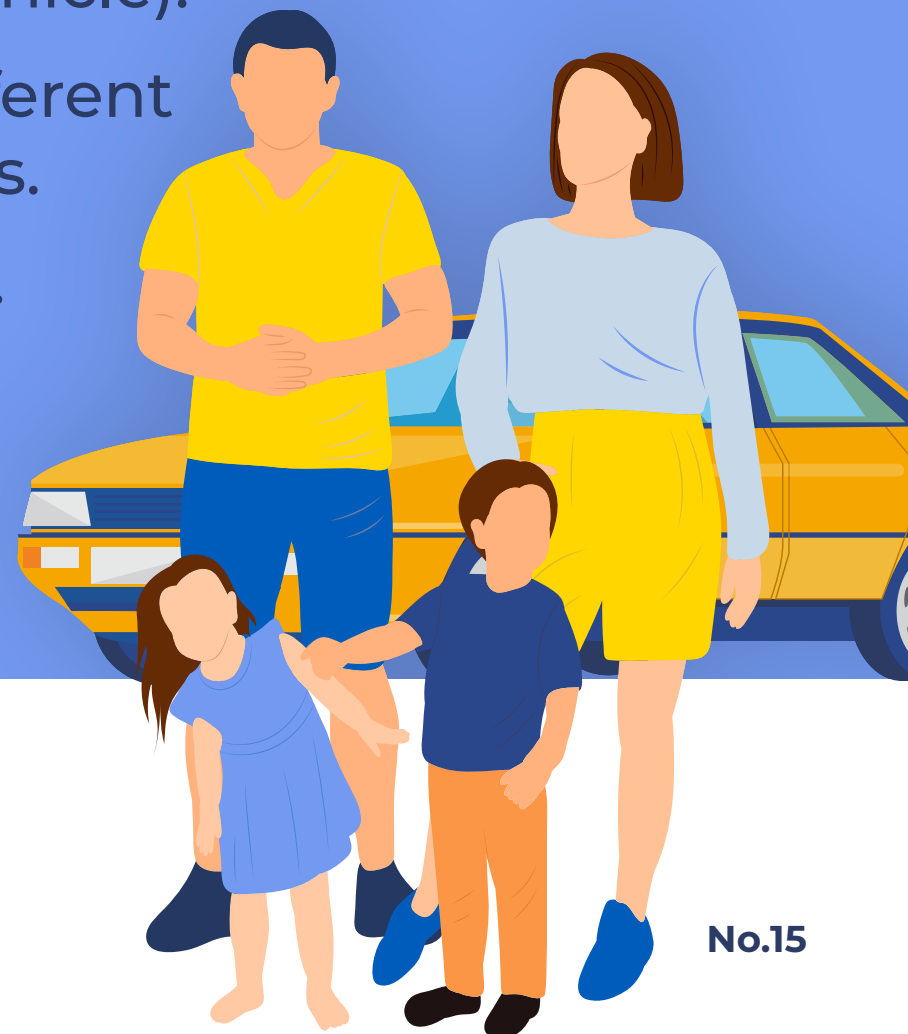
PARENTING TIPS FOR CHALLENGING TIMES



KEEPING SAFE ON THE ROAD

- If a child has a mobile phone, save your number and those of a few trusted people.
- Explain to your child how they should behave when at checkpoints, (i.e., be quiet, do not leave the vehicle).
- Hide money or bank cards in different places, in case you lose your bags.
- Being prepared takes hard work. Be sure to look after yourself.

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



Dear God, “Keep me safe, my God,
for in You I take refuge.” (Psalm 16:1) Amen.