

PARENTING TIPS FOR CHALLENGING TIMES



ROUTINE HELPS CHILDREN FEEL SAFE

- Even when it feels hard, try to have some daily routines for yourself and children.
- If you can, help children with daily routines like meals or schoolwork.
- Our children learn calmness and kindness from us.
- Tell yourself a calming message again and again, Try 'I can do this, I am trying my best'

Parents and Caregivers are HEROES
Protecting our children in a crisis

“Do not fear, for I am with you... I will strengthen you and help you.” (Isaiah 41:10)

God promises to be with us and help us. He can help you cope.

