

PARENTING TIPS FOR CHALLENGING TIMES



HELP CHILDREN COPE WITH CRISIS

- Children may be scared, confused and angry. They need your support.
- Listen to children when they share how they are feeling.
- Accept how they feel and give them comfort.
- Every day before you sleep, praise yourself for trying to help your children cope.

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



“[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” (2 Corinthians 1:3-4)

Ask God to give you the strength you need to provide the support your children need.

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