

PARENTING TIPS FOR CHALLENGING TIMES



5 MINUTES OF POSITIVE TIME WITH OUR CHILDREN

- Playing with and talking to children for a few minutes every day helps them feel secure.
- Ask children what they would like to do.
- Listen to them, look at them, give them your full attention.
- Small amounts of time can help them feel safe and loved.

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

“Jesus Said, ‘Let the little children come to me.’” (Matthew 19:14)

Our time and attention are great gifts we can give children.

