

PARENTING TIPS FOR CHALLENGING TIMES



BUILDING CHILDREN'S STRENGTH IN A CRISIS

- Ask children to help with day-to-day tasks such as making food or cleaning.
- Praise children for trying or doing well.
- This encourages helpful behaviour.
- Praising children shows them that you notice and care.

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



“Anxiety weighs down the heart,
but a kind word cheers it up.” (Proverbs 12:25)

In times of great anxiety, kind words of praise are very important.