

PARENTING TIPS FOR CHALLENGING TIMES



KEEPING OUR FAMILIES TOGETHER

- Keep children with you or someone you trust all the time.
- Encourage them to share anything that worries them with you.
- Talk to them about things that are not safe.
- Be proud of your efforts and try to take care of yourself too.

Parents and Caregivers are HEROES
Protecting our children in a crisis

**“Hear my cry, O God;
listen to my prayer.”** (Psalm 61:1)

**Dear God, please keep our family together
and give us the strength we need. Amen.**

