

PARENTING TIPS FOR CHALLENGING TIMES



TAKING CARE OF YOURSELF

- Look after yourself as much as possible and try to rest when you can.
- Take a moment each day to listen to your breath as it goes in and out.
- Connect with loved ones as often as you can.
- Taking care of yourself also helps you to help your family.

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

“I am with you always” (Matthew 28:20)

Remember that God is with you
- it's the most frequent promise of God in the Bible.

