



We're all in this together.

5 TIPS FOR HELPING CHILDREN COPE DURING THESE EVER-CHANGING CIRCUMSTANCES

- 1** Know that children are tuned into how you are feeling, if you're coping they will get the message that they can cope too (coping doesn't mean perfection!).
 - 2** Allow space for varying emotions – children are feeling the world turn upside down just like we are, be a little extra patient with them and help them with these big feelings.
 - 3** Practice interpreting their behavior as an indicator of what they are feeling and sensing. Remember children are concrete and non-verbal thinkers, they express their feelings through behavior changes, movement, and other means.
 - 4** Validate their experience. They don't need you to fix it, they just need to know they're not alone.
 - 5** Remember that you only need to be good enough to be a great caregiver. Good enough will look different as things change day to day.
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