

MANAGING THE IMPACT

Note

Which of these have you already been doing?

Do you have any new ideas?

What ideas do you know from your faith, community, family or culture that help different family members cope in trying times?

These are some strategies for different members of the family - it's not exhaustive & the list will be different for every family

Parents & Caregivers

- Maintain routines & minimize disruptions
- Include siblings
- Help your child feel safe
- Be mindful of support for yourself - *be sure to get Oxygen*
- Talk to adults who can listen well
- Consider keeping a journal

Older Children

- Help increase confidence and using their voice to express needs
- Give space if they need it
- Encourage expression of feelings by crying, moving, art, laughing, affection, talking, writing
- Let them know who they can talk to

Younger Children

- Play & create art for feeling expression
- Movement like dancing, sports, play
- Encourage using words for expression of feelings & needs
- Let them know who they can talk to