**HELPING KIDS IN CHANGING TIMES**

* Keep your routines as much as possible… kids feel safe in familiar structure
* Kids are smart…they pick up on your feelings; remain as calm as possible
* LISTEN your kids and let them tell you what they are thinking: timing is everything and sometimes they will have lots to say and other times nothing to say; keep the line of communication open
* Talk with your kids and reassure them they are safe; assure them it is okay to have fears and worries and that you are there with them
* Share age appropriate honest information about COVID-19; you are the best judge of what your child can handle
* Limit kids’ exposure to social media and the news; watch age appropriate programs to balance their time; face time family and friends
* Help kids solve their problems and develop coping strategies
* Help kids find creative ways to express their feelings: art, drama, play, etc
* Be a role model for self-care: washing hands, mindfulness activities, relaxing
* Have fun with your kids: board games, bake, crafts, read together, go for a walk
* Make time for kids to have time alone, every minute does not need to be scheduled
* Focus on things you can control, your thoughts and behaviours