

# WAYS TO SUPPORT YOUR CHILD



## Model Calmness

It's important to remain calm. Your child may be anxious if you panic and demonstrate severe anxiety.



## Listen

Your child may want to express themselves and share their concerns. Listening is an effective way to show that you care.



## Reassure Them

Letting your child know that you love them and that you will keep them safe is helpful for your child to hear and feel.



## Honesty

It's important to be honest with your child and share the appropriate level of information to them.



## Keep a Routine

A routine is important for your child. It can help give stability and normalcy. Try to be consistent with times allocated for learning, studying, eating, staying active and other activities.



## Look out for Announcements

AISG will be in constant communication with you. Please make sure to look out for emails and stay up to date with any announcements and updates!

If you have any questions, please reach out.

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