



You can help your child feel seen during times of uncertainty and change by:



Encouraging them to express their feelings in an age appropriate way

(could be drawing for younger kids, writing for older kids)



Starting new traditions

(watch a TV series together, take nightly walks, hold a regular game night, etc.)

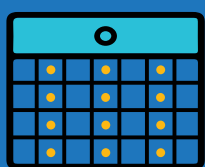


Validating their feelings

(fear, sadness, disappointment)



Getting them a little extra support when they need it



Keeping a routine



Finding safe ways to connect via social media