

SUPPORTING YOUR CHILDREN DURING UNCERTAIN TIMES

KIS COUNSELORS

- **MAKE YOUR CHILD FEEL SAFE.** Extra attention and affection promote a sense of security.
- **ACT CALM.** Children look to adults for reassurance during uncertain times. Do not discuss your anxieties with your children, or when they are around, and be aware of the tone of your voice, as children quickly pick up on anxiety.
- **MAINTAIN ROUTINES AS MUCH AS POSSIBLE.** Routines reassure children that life will be okay. Try to have regular mealtimes and bedtimes.
- **HELP CHILDREN ENJOY THEMSELVES.** Encourage kids to do activities and play with others. The distraction is good for them, and gives them a sense of normalcy.
- **PREVENT OR LIMIT EXPOSURE TO NEW COVERAGE.** Be aware of what media you're accessing and who can see what you're watching or hear what you're listening to.
- **UNDERSTAND THAT CHILDREN COPE IN DIFFERENT WAYS.** Some might want to spend extra time with friends and relatives; some might want to spend more time alone.
- **LISTEN WELL.** It is important to understand how your child views the situation, and what is confusing or troubling to your child. Validate what your child is saying. Do say: "I hear what you're saying." Don't say: "Don't worry everything will be okay."
- **DO NOT LECTURE.** Just be understanding. Let kids know it is okay to tell you how they are feeling at any time. Acknowledge what your child is feeling.
- **KNOW THAT IT'S OKAY TO ANSWER, "I DON'T KNOW."** Don't worry about knowing exactly the right thing to say — after all, there is no answer that will make everything okay.
- **REALIZE THE QUESTIONS MAY PERSIST.** Children may have questions on more than one occasion with constantly changing situations. Even when you don't know the answer, reassure them to know you will always be taking care of them. Let them know you are ready to talk at any time.
- **TAKE CARE OF YOURSELF.** You can best help your child when you help yourself.
- **KNOW WHEN TO SEEK HELP.** When you feel like your child needs more support, reach out to your child's school counselor.

PAMM OHLINGER - ELEMENTARY: PAMM-OHLINGER@KYIV.QSI.ORG

CHELSEY ZOROMSKI-MIDDLE SCHOOL: CHELSEY-ZOROMSKI@KYIV.QSI.ORG

LINDSEY RECH-SECONDARY: LINDSEY-RECH@KYIV.QSI.ORG