



TIPS FOR PARENTS IN HOMELESS SITUATION.

WHAT IS HOMELESSNESS?

People who are experiencing homelessness are unable to acquire and maintain regular, safe, secure and adequate housing, or lack a “fixed, regular, and adequate night-time residence”.

HOW CAN PARENTS PROVIDE STABILITY?

If you are homeless or in transition as a family, there are a few ways to give children the stability that is so important for children’s well-being:

1. Establish a regular routine that you do every night, no matter where you are, such as reading their favorite book. This can also give you the chance to connect with your child by asking about their day.
2. Connect with teachers or other school staff members. Having that connection at school helps children feel like they belong and is a great way for parents to get resources and get connected as well!
3. Make sure that you also talk to children about your situation just enough to keep them informed, but not so much that they become overwhelmed.
4. Give and model consistent, clear rules to follow regarding safety precautions. Set up simulations for children to rehearse using safety precautions including dealing with inappropriate touch and identifying adults they can trust to help them when they are in danger.

SPECIAL NOTE FOR PARENTS:

Self-care is critical for parents facing the stress, uncertainty and fear of homelessness. Find someone to talk to who may be in the same situation, or other trusted individuals who might help connect you with resources you need to stay safe, healthy and strong.

For support and information about local and school resources, please contact Dallas ISD Homeless Education Program at **972-749-5750** or email us at homelesseducation@dallasisd.org.

You can also visit our home page at <https://www.dallasisd.org/Domain/109>.

