



## “How Can I Help My Young Child Feel Safe and Secure?” Take Away Messages

- Children need emotional availability, consistent routines, and joy
- You help them meet these needs -- give them consistency, predictability, clear expectations, firm boundaries thru routines
- Songs, rhythm, and rhymes make routines enjoyable
- Repeating songs or rhythms helps young children learn what you want them to do
- In challenging moments, calm voice helps children feel safe and secure
- Be empathic, limit unsafe, unkind behaviors
- Care for yourself throughout day to promote optimism
- Mindfulness, singing, dancing, rhythmic exercise
- Limit distressing news-watching, conversations
- Share mindfulness activities with children – books: ***Breathe Like a Bear! or Sit Like a Frog!*** and Apps: ***Spotify's Kira Willey Dance for the Sun***
- Notice the good/kindness – reassure everyone “We will get through this together”
- Resource on COVID-19 and masks for children -  
<https://kidshealth.org/en/parents/coronavirus-masks.html>
- Resource on social-emotional needs of young children -  
<https://developingchild.harvard.edu/>

