



## Help Your Child Feel Safe in an Unpredictable World

### A Framework:

*Let your child know that your first job is to keep them safe.*

### Helpful Strategies to Build Resilience

- Make a safe space
- Socialization
- Clarify fact vs fiction
- Be proactive
- Turn down the noise
- Set routines
- Recognize the need for more help

### Helpful Strategies to Set Routines

- Family time
- Down time
- Meal time
- Sleep
- Work/Learn time
- Invite your child into the planning
- Stick to routines



### Helpful Strategies to Foster Community and Nurture Relationships

- Virtual social opportunities
- Step up when and where you can
- Talk
- Play games
- Encourage self expression

