



If a crisis comes up, what do I do?

1. Determine if the crisis is actually a crisis
2. Discuss what happened with someone else first
3. Remember the parts of them that make them great
4. Set the goal and let it drive the intervention
5. Stay calm, avoid judging when discussing
6. Make sure the steps taken are helpful

Remember: CRISIS = OPPORTUNITY

Where to Go for Help:

Pediatrician or family physician

Local or virtual therapist

School Personnel

Infoline: 211

Other parents who have been where you are now



Wishing you
PEACE AT HOME