Healthy Coping at this time of Year: Tips for Families



EXTRA CUDDLES

Extra hugs or even just a pat on the back is often calming and gives a sense of security.

LIMIT EXPOSURE TO NEWS & SOCIAL MEDIA

Limit children's exposure to hearing adult conversations, news, updates and social media. Consider having a time and a place for checking news and updates as adults.



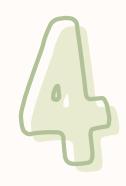


MODEL CALM

Children look to their adults for reassurance that they are safe and are often tuned into their grown ups' worries.

MAINTAIN ROUTINES

Routines offer comforting predictability and support health. Keep regular bedtimes and mealtimes.





HELP KIDS ENJOY THEMSELVES

Encourage kids to do activities and play.

This gives them a healthy distraction and a feeling of normalcy.

LISTEN WELL

Listen for what they are saying, what they are wondering about, or worried by. You don't have to have all the answers. Just giving a child your full attention is often all they need.





REACH OUT

If you are worried about your child, you can always reach out to their teacher, school counsellor, the principal, or vice principal for support.