

Healthy Coping at this time of Year: Tips for Families

1

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.

2

MODEL CALM

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

3

MAINTAIN ROUTINES

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

4

5

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.

6

7

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.