

TIPS FOR ANXIETY DURING TIMES OF CRISIS

IDEAS FOR PARENTS:

- Explain the incident in age appropriate language. Start by asking what they already know about what is happening.
- Be available to support your child with their feelings and fears.
- Stick to the normal routine as much as possible.
- Limit your child's exposure to adult conversation about the topic. This includes the news if applicable.
- Allow your child to see you handling your own anxiety in a positive way.
- Talk to children about your plan to keep them safe.

WHAT TO SAY:

- "How are you feeling?"
- "I know this is hard for you. How can I help?"
- "Here is what we are going to do to stay safe..."
- "Let's come up with a plan."
- "Would you like a hug?"
- "I'll keep you updated when I find out more information."
- "I'm here for you."

WHAT NOT TO SAY:

- "This isn't a big deal."
- "We don't know how bad this will get."
- "I don't want to talk about this any more."
- "Nothing is going on. Everything's fine."
- "I don't understand why you are acting like that."
- "I don't know how we'll get through this."

IDEAS FOR CHILDREN:

- Start a gratitude journal. Gratitude is a great way to combat anxiety.
- Practice deep breathing.
- Write or draw pictures about how you feel during this time.
- Remember that how you are feeling is okay!
- Find activities that help you feel calm like reading, drawing, exercising, or connecting with friends.
- Remind yourself that you are safe.