

★ WE ARE SAFE AND TOGETHER ★

During stressful and uncertain times, children might act differently.



Their fears could show up as:

- Sleeping trouble
- Stomachaches
- Headaches
- Bed-wetting
- Being clingy

To give them guidance and reassurance, caregivers need to take care of themselves first.

Good self-care is good family-care.

Here are tips for taking care of everyone in your family, including you!



● Be as healthy as you can be. ●



Drink lots of water.



Try to get at least 7 hours of sleep at night.



Give your brain a rest. Limit your news or media.



Eat healthy foods at regular times.

● Take short breaks often, even a couple of minutes! ●



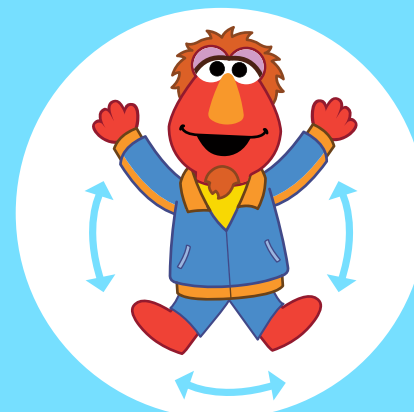
Take 3 deep belly breaths.



Rest your feet.



Go for a walk.



Move your body at least once an hour.



Talk to a friend.



Listen to music, sing or dance.

When we feel calm and capable, we can take better care of our children and families.

