



WHEN YOU ARE RESPONSIBLE FOR THE CARE OF A CHILD:

- 1.** Teach your children to identify their network of support! Ask them to identify 3 people they can ask for advice or who will listen to them. Model this important skill by sharing who your support base is. Asking for help is a critical survival skill and sign of strength!
- 2.** Help your children develop self-esteem by letting them feel and experience all emotions. When your child feels lonely, disappointed, sad, etc., avoid the urge to "save" them by distracting them. Allow them to feel all emotions and learn to tolerate a wide array of feelings. When the sadness, loneliness, etc. starts to dissipate, remind them that they survived and will be able to do it again. Remember, your child's feelings are their own. Avoid taking on their emotions.
- 3.** Encourage your children to volunteer for others! Volunteering reduces isolation and focus on oneself. It feels great to share our time and talent with others!
- 4.** As parents and educators, we are not asked to raise children to become our peers; we raise children to become the most independent and successful version of themselves. We are, therefore, responsible for modeling at all times; what we say does not matter as much as what we do. Ask your children questions but first answer the question. Share your struggles and let your children see you stumble, even fail, and carry on. (Be mindful of age appropriate content when sharing.)