

A SPECIAL NOTE FOR PARENTS & CAREGIVERS

Here are a few tips on how you can support them:



Allow your child to talk about their experience as much as they need – let them know what they are feeling is okay



Reassure your child you will do everything you can to keep them safe



Offer physical comfort to your child – hugs can help them feel secure



Encourage your child to play – it can help with their emotions



Show your child how to identify people they can trust



Ask for help from trusted organizations

You've already done so much.

You have guided your family with courage, strength and perseverance.

We wish you the best as you continue to care for the well-being of your loved ones.

