



## TAKING CARE OF YOURSELF

- Look after yourself as much as possible and try to rest when you can.
- Connect with loved ones as often as you can.
- Take a moment each day to listen to your breath as it goes in and out.
- Taking care of yourself also helps you to help your family.



“Hear my cry, O God; attend unto my prayer.”  
(Psalms 61:1)



## ROUTINE HELPS CHILDREN FEEL SAFE

- Even when it feels hard, try to have some daily routines for yourself and children.
- If you can, help children with daily routines like meals or schoolwork.
- Our children learn calmness and kindness from us.
- Tell yourself a calming message again and again, Try 'I can do this, I am trying my best'

**“Do not fear, for I am with you... I will strengthen you and help you.” (Isaiah 41:10)**  
God promises to be with us and help us.  
He can help you cope.





# HELP CHILDREN COPE WITH CRISIS

- Children may be scared, confused and angry. They need your support.
- Listen to children when they share how they are feeling.
- Accept how they feel and give them comfort.
- Every day before you sleep, praise yourself for trying to help your children cope.



**"[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." (2 Corinthians 13-4)**

Ask God to give you the strength you need to provide the support your children need.



## 5 MINUTES OF POSITIVE TIME WITH OUR CHILDREN

- Playing with and talking to children for a few minutes every day helps them feel secure.
- Ask children what they would like to do.
- Listen to them, look at them, give them your full attention.
- Small amounts of time can help them feel safe and loved.

**"Jesus said, 'Let the little children come to me.'" (Matthew 19:14)**

Our time and attention are great gifts we can give children.





# COPING WITH STRESS, UPSET, AND ANGER

- Find someone who you can talk to about how you are feeling.
- Losing your temper? Breathe in and out slowly five times.
- Try to do something that helps you relax.
- Remember to praise yourself each time you take steps to cope.



**“Is anyone among you in trouble?**

**Let them pray.” (James 5:13)**

Pause. Say a prayer and ask God to give you the strength you need for this moment.



# SMALL THINGS HELP KEEP CHILDREN SAFE

- Talk to children about what is happening in a way that they can understand.
- Identify a meeting point and make a plan in case you get separated.
- Assure your children that you will do everything to keep them safe.
- Planning with children helps them feel safer too.

**"I will instruct you and teach you in the way you should go." (Psalm 32:8a)**

You can ask God to guide you as you make plans to stay safe.





# BUILDING CHILDREN'S STRENGTH IN A CRISIS

- Ask children to help with day-to-day tasks such as making food or cleaning.
- Praise children for trying or doing well.
- This encourages helpful behavior.
- Praising children shows them that you notice and care.



**"Anxiety weighs down the heart, but a kind word cheers it up." (Proverbs 12:25)**

In times of great anxiety, kind words of praise are very important.



## KEEPING OUR FAMILIES TOGETHER

- Keep children with you or someone you trust all the time.
- Encourage them to share anything that worries them with you.
- Talk to them about things that are not safe.
- Be proud of your efforts and try to take care of yourself too.

**"Hear my cry, O God;  
listen to my prayer." (Psalm 61:1)**

Dear God, please keep our family together and give us the strength we need. Amen.







## MAKING AN IDENTITY TAG FOR A CHILD

- Write the full name & phone number of you and three people you trust.
- Write any medication your child needs, any special needs or disability.
- An identity tag should be covered in plastic or kept in a waterproof bag.
- Hide the tag in something your child always wears (e.g., a pocket, shoe, necklace).



**"Hear my cry, O God;  
listen to my prayer."** (Psalm 61.1)

Dear God, please protect my children and keep them safe. Amen.



## MAKING TRAVEL PLANS WITH CHILDREN IN YOUR HOME

- Make a song with your child so they memorize your full name and phone number, and number of someone you trust. Go over it every day.
- Tell your child where you're going and why, in a way they can understand and handle.
- Make backup copies or photos of all your identity documents
- Praise yourself for doing the best you can.



**“Keep me safe, for in You I take refuge.” (Psalm 16.)**

Dear God, please help me and give me strength as I keep my children safe. Amen.



# PROTECTING OUR CHILDREN FROM ILLEGAL ACTORS

- Illegal actors can be men, women, couples, and could be from your own community.
- Teach your children that people sometimes lie and trick children into coming with them.
- Tell children to talk to a trusted adult if they feel confused or worried.
- Teach children to trust their instincts and get away if something feels strange.



“Deliver my soul, O LORD, from lying lips,  
and from a deceitful tongue.”  
(Psalms 120:2)



## TRAVELING WITH OUR CHILDREN

- Tell someone you trust your travel plans, where you are and who you are with.
- Travel in a group of people you know where possible
- If you need to show your passport or ID, try to keep it in your hands.
- When it's hard, remember you're trying your best in a difficult situation.



Dear God, as I travel with my children I will remember that you are my... **"refuge and strength, an ever-present help in trouble."** (Psalm 461) Amen.



## PROTECTING OUR CHILDREN FROM SEXUAL VIOLENCE

- Teach your child that no one has the right to touch them or make them uncomfortable.
- Practice saying “no” loudly and strongly.
- If they tell you about abuse, trust your child. Reassure them it’s not their fault and they are safe and loved. Talking about this with your child helps protect them.
- Tell them that abusers often trick children by saying it is their ‘secret’



“Rescue me, Lord, from evildoers;  
protect me from the violent.”  
(Psalms 140:1)



## HELPING OUR CHILDREN WHEN SOMEONE WE LOVE DIES

- Tell children who they will live with and who will look after them – they often worry about this.
- Listen to and accept whatever your child feels. Children may seem happy but be sad.
- Do something together to say goodbye to the person – a song or letter or prayer.
- Allow yourself to mourn your losses too.
- In simple words, tell them the person has died and will not come back.



**"May Your unfailing love be my comfort." (Psalm 119:76)**

Dear God, as we say goodbye to..., we are sad.  
Please comfort us in our sadness. Amen.



## KEEPING SAFE ON THE ROAD

- If a child has a mobile phone, save your number and those of a few trusted people.
- Explain to your child how they should behave when at checkpoints, (i.e., be quiet, do not leave the vehicle).
- Hide money or bank cards in different places, in case you lose your bags.
- Being prepared takes hard work. Be sure to look after yourself.



Dear God, "Keep me safe, my God, for in You I take refuge." (Psalm 16:1) Amen.



## CARING FOR CHILDREN IN SUBSTITUTE HOME

- Take a comfort item from home with them to a substitute or foster home
- Find something to smile about together
- Decorate the substitute home together, with notes or pictures for the walls if you can
- Try to reassure your children as often as you can



“God sets the lonely in families.”  
(Psalms 68:6)