PARENTING TIPS
FOR CHALLENGING TIMES

WWO
WORLD WITHOUT ORPHANS

TAKE CARE OF YOURSELF SO YOU CAN SUPPORT CHILDREN

- When the stress is too much, take 30 seconds for yourself.
- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- Then just listen to your breath for a while.
- Try this every day. You are amazing.

"I am with you always"

(Matthew 28:20)

Remember that God is with you – it's the most frequent promise of God in the Bible.

2 PARENTING TIPS
FOR CHALLENGING TIMES

WWO
WORLD WITHOUT ORPHANS

PRACTICAL WAYS TO HELP US COPE

- Even when it feels hard, try to have some daily routines for yourself.
- Routines help children feel safe. If you can, do daily routines like meals or schoolwork.
- Helping someone else can make you feel better too.
- Our children learn calm and kindness from us

"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.

3 PARENTING TIPS
FOR CHALLENGING TIMES

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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.
- Be honest but try to stay positive.
- Every evening, praise children and yourself for something.

[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we our selves receive from God."

(2 Corinthians 1:3-4)

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

4 PARENTING TIPS
FOR CHALLENGING TIMES

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5 MINUTES OF POSITIVE TIME WITH CHILDREN

- Ask children what they would like to do.
- Listen to them, look at them.
- Give them your full attention.
- Playing with and talking to children every day helps them feel secure.

"Jesus said, 'Let the little children come to me'."

(Matthew 19:14)

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

5 PARENTING TIPS
FOR CHALLENGING TIMES

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COPING WITH STRESS, UPSET AND ANGER

- Find someone who you can talk to about how you are feelings
- Losing your temper? Give yourself a 10-second pause.
- Breathe in and out slowly five times. Then try to respond in a calmer way.
- Be proud of yourself every time you try this.

"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.

PARENTING TIPS
FOR CHALLENGING TIMES

WWO
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SMALL THINGS HELP KEEP CHILDREN SAFE

- Make plans with children about practical ways to keep safe.
- Try to keep children with parents, family or friends you trust.
- Make a plan together for what to do if you are separated.
- 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.

7 PARENTING TIPS
FOR CHALLENGING TIMES

WWO
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BUILDING CHILDREN'S STRENGTH IN A CRISIS

- Ask children to help with family tasks
- Praise children for trying or doing well.
- This will help them do good things again.
- Praising children shows them that you notice and care.

"Anxiety weighs down the heart, but a kind word cheers it up."

(Proverbs 12:25)

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