

PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



World Health
Organization

unicef 
for every child



UNHCR
The UN Refugee Agency



UNODC
United Nations Office on Drugs and Crime



End Violence
Against Children



WWD
WORLD WITHOUT ORPHANS



ECDAN
Early Childhood Development Action Network

Maestral. 
Changing
THE WAY WE
care



Child Protection
Global Protection Cluster

PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



TAKE CARE OF YOURSELF SO YOU CAN SUPPORT CHILDREN

- When the stress is too much, take a moment 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.



World Health
Organization

unicef 

for every child



UNHCR
The UN Refugee Agency



UNODC
United Nations Office on Drugs and Crime



**PARENTING
FOR LIFELONG
HEALTH**

PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



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.



PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



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.



PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



5 MINUTES OF POSITIVE TIME WITH YOUR 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.



World Health
Organization

unicef 

for every child



UNHCR
The UN Refugee Agency



UNODC
United Nations Office on Drugs and Crime



**PARENTING
FOR LIFELONG
HEALTH**

PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



COPING WITH STRESS, UPSET AND ANGER

- Find someone who you can talk to about how you are feeling.
- 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.



PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



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.



World Health
Organization

unicef 
for every child



UNHCR
The UN Refugee Agency



UNODC
United Nations Office on Drugs and Crime



PARENTING
FOR LIFELONG
HEALTH

PARENTS AND CAREGIVERS ARE HEROES:
PROTECTING OUR CHILDREN IN A CRISIS.



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.

