



# 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.



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## 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.**



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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 ourselves receive from God.”

(2 Corinthians 1:3-4)

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





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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.**



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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.



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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.



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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.



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## KEEPING OUR FAMILIES TOGETHER

- Tell children that staying together will help keep them safe.
- Keep children with you or someone you trust all the time.
- Hold their hand, have them walk in front of you.
- Stay in the same vehicle with them.

Even when you feel exhausted, you are amazing. Be proud of yourself.



### **Dear God,**

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

Please keep our family together and give us  
the strength we need. **Amen**





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## MAKING A SAFETY NOTE FOR EVERY CHILD

- A safety note is covered in plastic, or kept in a waterproof bag.
- Write the full name & phone number of you and three people you trust.
- Write any medication your child needs, any special needs or disability.
- Hide a safety note on every child (e.g. in a pocket that they always wear, on a necklace or in their shoe).



**Dear God,**

“Hear my cry, O God;  
listen to my prayer.” (Psalm 61:1)  
Please protect my children  
and keep them safe. **Amen.**



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## MAKING SAFETY PLANS WITH OUR CHILDREN

- Make a song or chant with your child so they memorize your full name and phone number, and number of someone you trust. Go over it every day.
- Every day, agree a clear place to meet if you are separated.
- Make copies or photos of all your identity documents.
- Hide money or bank cards in different places, in case you lose your bags.



Praise yourself for doing the best you can.

**Dear God,**  
"Keep me safe, my God, for in you  
I take refuge." (Psalm 16:1)  
Please help me and give me strength  
as I keep my children safe.  
**Amen**



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## PROTECTING OUR CHILDREN FROM TRAFFICKERS

- Teach your children that traffickers lie to get someone to work or have sex for them.
- Traffickers can be men, women, couples, in military clothes or coloured jackets.
- Trust your instincts. If something feels strange, get out immediately.
- Ask to see a photo ID before you accept anyone's help, transport or a place to stay. If local police are there, check with them.



These will help you avoid danger, and find the honest people who want to help.

### **Dear God,**

“Save me, Lord, from lying lips and from deceitful tongues.” (Psalm 120:2)  
Please provide the help we need and protect us from those that would harm us.

**Amen.**





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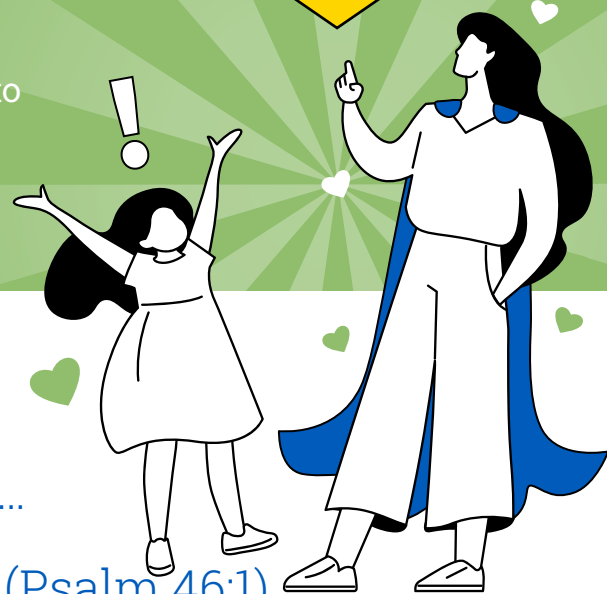


**WWO**  
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## TRAVELLING SAFELY WITH OUR CHILDREN

- Travel in a group of people you know.
- Keep someone you trust updated with your travel plans, where you are and who you are with.
- Make a code word with people you trust, to let them know if you are in danger.
- Don't give your passport or ID documents to anyone.

Everything you do is protecting your children.  
You are incredible.



**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 46:1)  
**Amen**



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## PROTECTING OUR CHILDREN FROM SEXUAL VIOLENCE

- Teach your child that nobody has the right to touch them
- Practice saying and shouting “no”  
Talk to them about dangerous places and people.
- If abuse happens, believe your child. Tell them it is not their fault and that you love them.



We know it's hard, but talking with your child helps protect them. We are proud of you.

### Dear God,

“Rescue me, Lord from evildoers; protect me from the violent.” (Psalm 140:1)  
I thank you for my children, I pray that they would be kept safe. **Amen.**



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## HELPING OUR CHILDREN WHEN SOMEONE WE LOVE DIES

- In simple words, tell them the person has died and will not come back.
- Clearly tell children who will be looking after them from now on.
- 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.

You must be hurting too. Take a moment to breathe. Be proud of yourself.

Dear God,  
“May your unfailing love be my comfort.” (Psalm 119:76)  
As we say goodbye to \_\_\_\_\_,  
we are sad. Please comfort us  
in our sadness. **Amen.**

