

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



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End Violence
Against Children



Maestral. 
Changing
THE WAY WE
care



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Aveți grijă de dumneavoastră, ca să
aveți putere să vă îngrijiți copiii.

- Când stresul e prea mult de suportat, să vă luați 30 de secunde pentru dumneavoastră.
- Ascultați-vă respirația pe măsură ce aerul intră și iese din plămâni
- Puteți pune o mână pe stomac și să observați cum acesta se ridică și coboară cu fiecare respirație.
- Ascultați-vă respirația o perioadă.

Încercați asta în fiecare zi. Sunteți minunați!



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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.



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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.



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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.



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**PARENTING
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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.



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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.



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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.

