



## Helpful Tips for Teachers and Parents for Modeling Calm

During times of uncertainty children can exhibit their anxiety in ways that are visible, and not so visible. Here are 3 strategies you can use when reassuring your children during this pandemic.

1. **Find Your Calm:** Children often look to their caregivers for cues on how to respond in difficult situations. Don't be afraid to slow down and evaluate you. Find your calm place and space.
2. **Be Present:** Being present is more than sharing the same physical space. Listen carefully to your child. Check for understanding by repeating their concerns back to them. Unanswered questions can make children feel vulnerable or fearful. When responding to your child, keep in mind their level of understanding. Give information that is appropriate for their age and maturity level.
3. **Look For Helpers:** You can reassure your child by helping them to identify the helpers in your community. Helpers are often caring neighbors, family, friends, teachers, people in your religious community, etc. These people surround us daily, and reminding your child that they are not alone by helping them to identify the helpers in your family circle, can help both children and adults reduce their anxiety in times of uncertainty.