



STEADY PARENTS, SAFE KIDS:

Strategies for Families During Uncertain and Distressing Times

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS SESSION:

When everything feels scary our children look to us for safety.

Join this supportive and practical session to empower you in guiding your child through anxiety, fear, and uncertainty.

This session will provide parents with:

- How to recognize signs your child may need additional support
- Age-appropriate ways to talk about scary events
- How to co-regulate effectively

Parents will also:

- Have space to ask questions and raise personal concerns
- Share experiences in a supportive environment
- Feel held by community during a stressful time

