



HOPE

In times of stress or high anxiety it's important to maintain hope. Hope in the future, hope in ourselves and others is vital to one's emotional well being. Seeking out ways to create and maintain hope will support your children's belief in the future, spark imaginations, and inspire them to develop hope.



Infants and Toddlers: 0-2 years

- **Hope for the future:** Look to your own baby as an inspiration for hope. Even in the most stressful of times babies and toddlers continue to grow, develop and explore the world. Take time to notice moments of growth and let your baby be your inspiration for hope in the future. Infants have a sense of the emotional state of their caregivers and will benefit from your hope inspired by their development.



Early Childhood: 3-6 years

- **Be a role model:** Say out loud in front of your children what gives you hope, share your beliefs, and encourage young children to talk about theirs.
- **Make future plans:** Asking children what is something they would like to do when it's safe again instills a sense of hopefulness. By making future plans children consider the future and imagine themselves returning to school, playing with friends and family, and participating in activities again.



Middle Childhood: 7-12 years

- **Gratitude:** Gratitude helps children remain hopeful by remembering that the world is kind and good. Encourage your children to keep a gratitude journal, jar or create a family time when everyone shares something they are grateful for.
- **Identify Hope:** Help your children to identify the people in their lives who help them have hope, what are the rituals in your family that support feelings of hope? Encourage your children to consider ways they might demonstrate hopefulness to others?
- **Reflect on learning:** Hope can come from overcoming challenges. Talk with children about other challenges they have faced themselves or together as family. Encourage your child to identify for themselves how they have grown to overcome difficult experiences.



Adolescence: 13+ years

- **Plan for the future:** Hope often comes from a sense of doing and a belief in a future. Encourage your teens to make future plans and continue to think forward about their goals and aspirations. Ask your teen to consider how this experience has changed them or developed new skills and presented new opportunities.
- **Spirituality/Faith:** Talk with your teen about spirituality and faith. Meditation, prayer, and community provides us with a sense of hopefulness. Encourage and/or listen to your teens ideas about what gives them hope and the practices that support it.
- **Take Action:** Teens are seeking ways to impact their world and the future. By identifying opportunities that support meaning making teens can increase hopefulness though volunteer work after the disaster or writing letters to leaders in government or agencies about their experiences.