



**TRUST THAT YOU ARE A
CHILD'S COMFORT AND
SAFE PLACE.**



cldisasterrelief.org

Trust that you are a child's comfort and safe place.

Four C's of Coping

Co-REGULATION

Acknowledge your feelings to help your child manage theirs.

Try deep breathing to regulate yourself. Invite your child to join in.

CONNECTION

Find moments of togetherness.

Welcome eye contact, extra hugs and positive touch.

COGNITION

Give simple & honest answers - It's okay not to know all the answers.

"Sometimes big, unexpected things happen. It's OK to feel upset or confused. We are safe now and if you have questions we can find answers together."

CONTROL

Find ways for your child to play and have choices throughout the day.

Playing through hard experiences helps a child begin to process & and make sense of what happened.

