

Try to **S**tay calm and keep routine normal for your children

Listen and pay **A**ttention to what children say

Stick to **F**acts when talking about something difficult to children

Explain to children that sometimes bad things happen but adults will always try to keep them safe

Supporting Children - Keep Safe



Contact your local GP or local support services

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It's ok to **B**e upset and show it

Keep your **E**veryday routing normal

Talk to someone, friends or family - people do **C**are

Ask for help

Look after yourself and take time out

Memories of bad things are normal and will help you to cope

Supporting You - Keep Calm



Contact your local GP or local support services