You can help your child feel seen during times of uncertainty and change by:

- Encouraging them to express their feelings in an age appropriate way (could be drawing for younger kids, writing for older kids)
- Starting new traditions (watch a TV series together, take nightly walks, hold a regular game night, etc.)
- Validating their feelings (fear, sadness, disappointment)
- Getting them a little extra support when they need it
- Keeping a routine
- Finding safe ways to connect via social media

Tips from the Cameron K. Gallagher Mental Health Resource Center.
Learn more: chrichmond.org/CMHRC