

## **Tips for Parents of Students who are Experiencing Crisis**

- **Keep your child informed and updated.** *Children need to feel involved and as in control as much as possible.*
- **Watch for signs of distress.** *Loss of appetite, aggression, acting out, being withdrawn, sleeping disordered and other behavior changes can indicate problems.*
- **Send your child to school if possible.** *The stability and routine of a familiar situation will help young people feel more secure.*
- **Remember that everyone reacts to stress and/or grief in different ways.** *There is no one way to act in a crisis situation.*
- **Allow children the opportunity to express feelings.** *It is important to validate these feelings.*
- **A good diet and plenty of exercise are important for children who are under stress.** *Encourage your child to eat well and get plenty of exercise.*
- **Be honest about your own concerns, but stress your and your child's ability to cope with the situation.**
- **Respect a child's need to grieve.**
- **Provide somewhere private and quiet for your child to go.**
- **Be available and listen to your child.**
- **Remember to take care of yourself.**