CIRCLE OF TRUST

How to Help Your Child Feel Safe When Your Own World is Turned Upside Down

Mom and Dad,
All this chaos feels too big for me.
Sometimes I might feel OK. But
sometimes I don't. When I feel sad
or scared I might cling or get real
quiet or act out of control. At those
times I'm telling you I don't know
what to do with how I'm feeling.

I need you to:

- Talk with other adults and let them help you trust in the future
- ♦ Be in Charge
- Be kind
- Give me predictable daily routines
- ◆ Sit down with me often, offer soothing reassurance, and let me know it's still OK to be afraid



KINL



I'm really saying please help me. I need you because I'm often still scared and confused. You may not realize how much you help me just by being with me.

The Circle of Trust applies to children of all ages See: www.circleofsecurity.org