



How Families Support Students

Families and schools support children by providing safety, soothing them in difficult times and ensuring they are seen.

Safety

- Providing as much consistency as possible, helps young people feel safe. Try to just be there for your child and create the typical and predictable routines.

Soothe

- Caring adults provide a calming presence to young people during difficult times. Children may benefit from seeing adults with a sense of confidence and hope.

Seen

- Listen to your child and recognize if and when they seem uncomfortable or there is a change in behavior. Honor their unique story and emotions.

Please remember:

- Sometimes things that greatly impact adults do not have the same impact on children. If your child does not want to talk about things or does not seem impacted, that is OK.
- Take time to care for yourself, your physical and emotional needs. You and your feelings matter.
- The following are examples of self care/wellness activities:
 - Stay physically and emotionally healthy; keep moving and find ways to recharge your battery
 - Reach out to others; you do not have to do it all alone
 - Engage in a hobby or activity
 - Know your limits and don't hesitate to say "no" when you need to
 - Keep in mind the things that you are grateful for

Your child may show you signs that they are struggling. They may show some of the behaviors listed below immediately or days, weeks, or even months after an incident. If these last for a prolonged time or seem to get worse rather than better, reach out to your health care provider.

- Shock/denial
- Restlessness, anger, aggressive behavior
- Sleeping or eating difficulties
- Headaches, stomach aches, body aches
- Withdrawal
- Sadness, tearfulness
- Poor concentration
- Unexpected fears and worries
- Acting younger than their age
- Avoiding activities they usually enjoy



Additional Resources for Supporting Your Child:

Mental Health Crisis Resources:

Children's Crisis Response	651-266-7878
Ramsey County Adult Mental Health Crisis	651-266-7900
National Suicide Prevention	1-800-273-8255

Helpful links:

Saint Paul Public Schools Mindfulness Activities and Office of School Support

<https://sites.google.com/stpaul.k12.mn.us/student/home>

<https://www.spps.org/schoolsupport>

7 Ways to calm a Young Brain in Trauma, Edutopia

<https://www.edutopia.org/article/7-ways-calm-young-brain-trauma-lori-desautels>

Minnesota Association for Children's Mental Health: Discussing Traumatic Events with Youth.

<http://www.macmh.org/2017/10/resources-for-navigating-conversations-with-young-people-about-traumatic-events/>

National PTA: discussing difficult topics with your children:

<https://www.pta.org/home/family-resources/health/Emotional-Health/Discussing-Difficult-Situations-With-Your-Children>

Helping Children with Traumatic Grief Related to Covid 19

<https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>

Child Mind: Supporting Families During Covid-19:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

[Community Violence Reactions and Actions in Dangerous Times](#)

[Restoring a Sense of Well-Being in Children After Disaster](#)

[Coping with Grief After Community Violence](#)