## HELPING CHILDREN COPE

C ron c n ss as an pact on a a y b rs

It as b n oun t at a swo oun a way to s pyb to t rwrt a swo cop b st B n to t ran co ortab wt ac ot r st rst st p towar stan about n s ay n a sas a a yor wor n on a pu to t r can prov a n o contro at a t w not r parts of life my feel out of control. Don't ask children if they want to participate. Inst a st up t a or pu an nvt t to o twt you

atvrt nstatar xprss yourc n stobrassur tattsoayto tat way E p as you art r or support trou t st Loo or a t any ways you can o t s an o totn I yourc so r trat or r n an a ut ann r Incu yourc n so o t c s on a n t at stan p ac