



Try to **S**tay calm and keep routine normal for your children
Listen and pay **A**ttention to what children say
Stick to **F**acts when talking about something difficult to children
Explain to children that sometimes bad things happen but adults will always try to keep them safe

Supporting Children - Keep Safe

Contact your local GP or local support service.



It's ok to **B**e upset and show it
Keep your **E**veryday routine normal
Talk to someone, friends or family - people do **C**are
Ask for help
Look after yourself and take time out
Memories of bad things are normal and will help you to cope

Supporting You - Keep Calm

Contact your local GP or local support service.