The Three C's

The following are suggestions for parents to help themselves and their children in difficult times.

Focus on the Three C's

1. Comfort
   - Share meals and provide more comfort foods than usual. (Comfort food makes you feel better when you're feeling bad. Most often it is associated with childhood memories - the special food or treat that your Mother or Grandma gave you when you weren't feeling well.)
   - Plan family time - game night, exercise
   - Work on a project
   - Enjoy laughter
   - Reach out to your network of family and friends
   - Engage in activities that are fun, relaxing and pleasant

2. Conversation
   - Offer reassurance
   - Ask thoughtful questions)
   - Listen carefully
   - Share your beliefs and values

3. Commitment
   - Set a good example, be calm, do not present your child with your own fears
   - Participate in school and community activities
   - Help your neighbors (do chores or small errands)
   - Reach out supportively to friends and family
   - Be optimistic