



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**