

How to support your child through difficult times

When your child is going through a tough time, your support can make all the difference. Below are tips on how to support your child while they're going through a difficult time.



Develop a coping strategy

- Breathing exercises
- Writing in a journal or drawing
- Going outside or finding a way to be active



Create a safe, happy home

- Do your best to make sure your home is a place that is low stress, safe and supportive
- Establish a routine at home to give your child a sense of stability



Keep communication open

- Be direct
- Avoid judgmental language like “right or wrong actions” or “good or bad feelings”
- Listen and offer reassurance that you will be there
- Praise or say something positive to your child



Model healthy ways to cope

- Talk to them about how you're handling issues
- Show them healthy ways to cope with stress
- Avoid arguing around your child
- Watch your tone when speaking to your child and others



Sources: Navigate Life Texas, UT Austin Center for Health Communication, CDC, National Alliance on Mental Illness, Vanderbilt University, University of Oregon



TEXAS
Health and Human Services

Visit TurnToSupportsTX.org for more resources and ways to find help.

turn to