











# COPING STRATEGIES

<p>It is normal to feel forgetful. Keep a notebook with you to write things down to help you remember.</p>	
<p>Drawing can help children express how they feel. Provide paper and pencil/crayons and encourage children to draw what they are feeling.</p>	
<p>Connecting with others by going to school, if possible, and seeing friends (online or in person when safe) is helpful</p>	
<p>Following any familiar routines can be helpful (story before bedtime, special hugs).</p>	
<p>Having a special toy or item from home can be soothing.</p>	
<p>Helping others in any small way can improve mental health.</p>	
<p>Find a spot to get away or take a break, if possible (under a blanket, in a quiet corner)</p>	
<p>Use music to help with transitions or difficult times (sing a familiar song).</p>	
<p>Offer sensory input like deep pressure or preferred smells.</p>	
<p>Use a timer to let your child know when a transition is ahead (on any mobile device, can also download Time Timer for free).</p>	
<p>Draw pictures to let your child know what is coming.</p>	