

# 6 C's That Help a Home

These C's help to create a sense of security for children especially at uncertain times. These can help strengthen your children's hauora or wellbeing, as well as their resilience. Consider which ones you are already strong in, and which ones you can dial up.



## CONSISTENCY

Have a consistent, purposeful routine in the home. Have regular times for getting up, going to bed, and meals. Have age-appropriate chores for each to do, and creative activities that can be scattered through the day.



## CONTROL

Let them know you are in control for them. Talk about things in a matter-of-fact way. Limit media coverage. The events occurring are too big for a child to take control of, so when adults seem in control the child can just be a child.



## CALM

Keeping calm keeps a child calm. This isn't about keeping everything quiet - the home may still be raucous. Keep calm and make your home a no-yell zone.



## CONNECT

Have times of connecting as a family. Play games together. Eat meals together. Go for walks together. Listen to your child, finding out about what they are thinking and feeling.



## CONTACT

Keep up nurturing affection through hugs, cuddle times reading books, holding hands when out walking...



## CREATIVITY

A child needs the stimulation of creativity through activities or ongoing projects. Brainstorm together what would be creative to do: drawing, building forts, playing music, baking, sewing, Lego...

# Listen Carefully

Listen to your child's concerns in a calm and caring way.  
This framework may be helpful:



## Empathy

Listen to their concerns and validate and affirm their feelings



## Perspective

Reassure them where you can, and help them find a better way of seeing things.



## Action

Find something constructive for them to do that will help them with their feelings

# What would the Happy Moon say?

This is just for now, this is not forever.

This is different but you can still find fun things to do.

Try and focus on what you can do, not what you can't.

This time will just make seeing your friends in person more special.

It is nice to know that our Prime Minister and the Police are doing all they can to look after us through all of this.

Be kind to yourself. It is more tiring being out of routine.

It helps to know we are all going through this together as a country.

It can take time for new things to feel normal.