

things to say  
WHEN OUR KIDS FEEL ANXIOUS & SCARED  
(and we are uncertain, too)

We don't know what will happen or when this will end. But this won't last forever.

What questions do you have?  
What are you wondering about?

This is really hard right now. But I also know that we can deal with this and get through this together.

I am here and I've got your back, sweetheart.

It's totally normal to feel worried, sad, disappointed, or even angry in situations like this. Let's see how we can take good, kind care of your feelings.

Even though we don't have all the answers right now, when we know more, I will let you know, too.

We will take it one step at a time and focus on what we do have control over, like doing things that help us to stay safe, taking care of ourselves, and being gentle, forgiving, and kind with each other.