



The Parent Line

TIPS FOR PARENTS ON

HOW TO HAVE CHALLENGING, YET IMPORTANT CONVERSATIONS WITH YOUR KEIKI

Lately with the news of hate crimes and violence, these issues can have adverse effects on our children and how we see the world.



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KEEP A ROUTINE

Keiki learn and thrive from consistency and routines, maintain those as much as possible



ENCOURAGE CHILDREN

Encourage play, allow children to be children and give them age-appropriate responsibilities with positive feedback



HAVE SUPPORTS

Have discussions about supports and identify with them people they can talk to (teacher, counselor, aunty, uncle, tutu, papa, etc.)



SELF-AWARENESS

Monitor ourselves and our behaviors, keiki learn from adults and what they observe in their environment

LIMIT MEDIA

Limit your child(ren)'s media exposure to the violence, etc.



UTILIZE ART & BOOKS

Use storytelling, songs or artwork to bond with your keiki. Read books about emotions and feelings



OBSERVE BEHAVIORS

Observe behaviors that may differ from your child(ren)'s baseline and check with your child(ren)'s pediatrician if there is any concern



LISTEN

Encourage communication by creating a safe environment for keiki to discuss their feelings. Ask them what is on their mind, or how are you feeling; and allow them to speak about their concerns

