

## Helping Children Feel Safe and Connected

Children's behavior often tells us what they need. When they are overwhelmed, scared, or acting out, they may not have the words to say it — but their brains and bodies are asking for help. Here's a simple way to understand what your child might be needing and how you can respond.

When My Child Feels...	They Need...	How I Can Help
Scared or unsafe	Safety	Offer calm, comfort, and let them know you're there to protect them.
Upset or overwhelmed	Comfort	Stay close, speak gently, and help them name their feelings.
Lonely or left out	Connection	Spend time together, listen fully, and show interest in their world.
Out of control or confused	Structure and routine	Keep things predictable and explain what's happening next.

When children feel safe, comforted, connected, and supported with structure, they are better able to learn, grow, and manage their emotions. Your relationship is the foundation of their resilience.