

Tips for Parenting as a Refugee

Listen to your children.

Be the source of **support** and safety for your children.



Ask them about their **feelings** and their experiences every day at school and after school.



Become more **aware** of your own feelings and ventilate your negative emotions with someone you trust.



Hug your infant and pay attention to their clues every day.

Eye contact with your baby will increase your bonding.



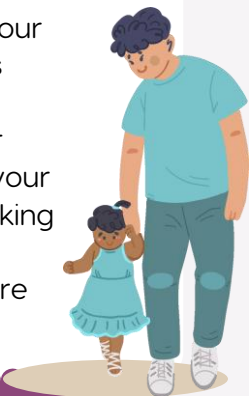
Engage in social occasions and community activities with parents who have younger children and feel more **connected** with the new community.



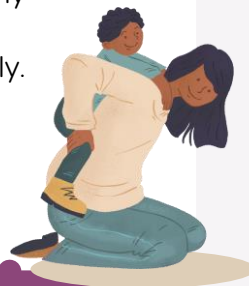
Practice **spiritual activities** with your children.



Take some breaks and have time for yourself as a parent. Understand your own stressors and focus on reducing their influence on your children by taking some breaks and taking care of yourself.



Keep **learning** about your new baby's development and needs and enhance their milestones to raise a healthy child and a healthy family.



Keep learning, seek resources to adapt in the new country, learn the new language and the new cultural values to decrease the cultural gap between you and your children.

