You can find more help through:









FOR A LIST OF RELIABLE RESOURCES,
PLEASE CALL ICIRR
FAMILY SUPPORT HOTLINE

1-855-HELP-MY-FAMILY (1-855-435-7693)

For mental health emergencies, please bring your child to your local emergency room or call 911.



The Committee on Refugee and Immigrant Children and Trauma (RIC) is part of the Illinois Childhood Trauma Coalition (ICTC). RIC was founded in 2015 to address the growing needs of children and families from refugee and immigrant communities.

FOR MORE INFORMATION, PLEASE VISIT:

lookthroughtheireyes.org



A GUIDE FOR PARENTS AND CAREGIVERS

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Created in solidarity by the
Illinois Childhood Trauma Coalition's
Committee on Refugee/Immigrant Children

You are not alone and you are welcome in this country!

Dear Parents and Caregivers,

We know that messages in the media and from some US leaders often make refugees and immigrants feel unwelcome and unsafe. In solidarity, we have put together this brochure with things you can do to help support your family through this time.

Take care of yourself in order to take care of your family



PHYSICAL

Sleep well, eat well. exercise, dance, see a doctor for health issues

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and loved ones. do healthy things to relax. do things you enjoy

Connect with friends

PERSONAL / **SPIRITUAL**

Make time for yourself, remember it's okay to say "no", find time to reflect or pray, do yoga

INFORMATION GATHFRING

Seek reputable legal counsel, attend a **Know Your Rights** presentation. See immigrantiustice.org



CONNECTION

Reach out and be a support to others, join in community activities or groups supporting immigrant/refugee rights

What works for you?

(Write down here)

Recognize signs of stress in children¹

Young Children (5 and younger)

Has headaches, stomachaches, and tiredness

Seems scared

Has trouble calming down



Acts younger than actual age (i.e., bedwetting, thumb sucking, tantrums)

Has trouble separating from caregivers

Plays less

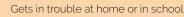
Elementary School Age (6-12 years)

Complains of headaches, stomachaches, and tiredness



Seems afraid and cries more often

Spends more time alone at home or in school





Can't pay attention at school, teacher reports problems

Eats more or less

Teenagers (13 - 18 years)



Complains of headaches, stomachaches, and tiredness

Spends more time alone than with friends or family



Doesn't follow rules

Uses drugs and/or alcohol

Runs away from home

Support your children by:

Communication

Be patient with your children and let them know that it's normal to be upset



Remind your children that you are open to talk even if you don't have all the answers

Be honest and avoid making unrealistic promises you cannot guarantee, like "Everything will be okay"

Safety

Keep predictable routines and traditions



Make a family emergency plan and share it with your children. Find an example here: www.ilrc.org/family-preparedness-plan

Comfort

Reassure your children that you love them

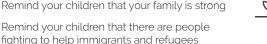


Limit media exposure of upsetting news

Help your children express their feelings in healthy ways e.g., drawing, journaling, exercising

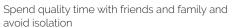
Hope

Remind your children that your family is strong



Support

Encourage children to participate in community based activities and cultural traditions



Turn the page to see who else can help your children



