
The Big Idea: Comfort from a grown-up can help kids feel calm and protected.

Comfort Strategies

🗨️ Offering Comfort 🧒 Age 0 to 6 🕒 1-4 Min



During tough times and stressful situations, children may feel as if their worlds have been turned upside down. But you can create a calm, familiar environment and build children's sense of security.

Provide Reassurance

Assure kids they are safe and cared for: "I know this is hard, but you are very brave. And people can be brave and scared at the same time. We'll get through this together." Comfort doesn't always have to be offered with words: hold hands and hug often.

Model Healthy Ways of Coping

In tough times, children look to adults to see how they should feel and react, so staying calm as much as possible helps. Let them know that it's okay to have all different types of feelings, and that they can always talk to a parent or another grown-up about what they're thinking and feeling. Saying something like, "I get scared/worried sometimes too and I know it can feel icky inside," can help justify their feelings and reassure them that they are not alone.

Stick to Routines

There's always comfort in the familiar! Choosing at least one simple daily routine that kids can look forward to, such as singing the same lullaby at night, can give them a sense of control. If kids are struggling carrying out daily routines, it might help to hear something like, "Let's put your worry on the shelf while we [take our afternoon walk, read a bedtime story, and so on]. Then we'll pick it up again." Setting aside a worry or fear can help put it into perspective and give them time to relax and enjoy something they like.