

# The ABCs of Parenting During a Crisis



Advice from  
Pandemic Parenting  
Podcast guest expert  
**Dr. Julian Ford**



"PARENTS CAN MAKE  
AN ENORMOUS  
POSITIVE DIFFERENCE  
IN HELPING THEIR  
CHILDREN."

- Dr. Julian Ford

How do I help my child(ren) when I don't have the answers? Dr. Julian Ford explains how being available, present, and thinking clearly will make a positive impact on kids who are dealing with trauma.



## AVAILABILITY

Being consistently **available** for your kids creates an environment where your kids feel comfortable to turn to you when they have something to say. By setting aside *just a few minutes* here and there, you validate your kids' feelings and reinforce that you are there for comfort and guidance.



## BE PRESENT

During the moments where you're making yourself available to your kids, it's crucial to **be fully present**. Emphasize that no matter what, you believe in and value your child, that you'll always be there for them, and that you know they will be okay.



## CLEAR THINKING

A big challenge when we are stressed is **thinking clearly**. Though you may not know in the moment what is best for your child, taking a second first to pause, breathe, and think will allow you to figure out what your child needs next – whether it's giving them some time or space to calm down or stepping in to help in a specific way.

Visit [www.pandemic-parent.org](http://www.pandemic-parent.org)  
for more tips on trauma-informed parenting.