

**Osseo Area Schools
Student Support Services**

The Three C's

The following are suggestions for parents to help themselves and their children in difficult times.

Focus on the Three C's

1. Comfort

- Share meals and provide more comfort foods than usual. (Comfort food makes you feel better when you're feeling bad. Most often it is associated with childhood memories -- the special food or treat that your mother or grandmother gave you when you weren't feeling well.)
- Plan family time – game night, exercise
- Work on a project
- Reach out to your network of family and friends
- Engage in activities that are fun, relaxing and pleasant

2. Conversation

- Offer reassurance
- Ask thoughtful questions
- Listen carefully
- Share your beliefs and values

3. Commitment

- Set a good example, be calm, do not present your child with your own fears
- Participate in school and community activities