

Simple Ways to Support your Child's Well-being

Adjusting to life in a new country can bring many changes for you and your family. As you learn new customs, a new language, and new ways of doing things, you may also find that your familiar supports are far away. Even with these challenges, you remain your child's most important source of strength and comfort each day.

This handout offers simple and practical ideas to help you support your child's everyday well-being. These suggestions are meant to fit into your family's routines as you continue building a new life in the United States.

Physical



- Help children get 7 or more hours of sleep each night.
- Encourage fresh air and exercise daily.
- Provide healthy, balanced meals and snacks, limiting sodas and sweets.
- Regularly visit your child's doctor and dentist.
- Ensure your child wears weather appropriate clothing and footwear outside.

Emotional



- Help children learn to manage their emotions by teaching calming techniques and modeling how you handle difficulties and stress in a healthy way.
- Establish routines and structure, while allowing for flexibility.
- Teach children about feelings and validate that their emotions are okay.

Educational



- Make time for homework. Consider seeking assistance for your child through an afterschool tutoring program or additional support from teachers.
- Encourage your child's curiosity and continued learning. Young children learn through play. Sing, dance, laugh, and play with your kids in age-appropriate ways.

Spiritual/Cultural



- Connect children with cultural and spiritual values – this may include prayer or meditation.
- Guide your child to seek support from faith leaders, cultural leaders, and/or elders.
- Provide cultural foods, celebrate holidays, and wear traditional clothing to help your family celebrate important traditions.

Social



- Create opportunities for children to play with friends.
- Find time to stay connected as a family.
- Give back to and explore your new community with your child.

Recreational



- Make time for your child to have hobbies, be creative, and have fun.
- Visit community resources that may interest your kids, such as local museums, parks, libraries, etc.
- Limit your child's screen time and access to scary images or videos.

With your steady support at home, your child will be better able to cope with stress, grow in confidence, and find their way in their new surroundings. Your care, encouragement, and presence each day help your child feel safe and hopeful as your family continues building a new life together.