

# One Day at a Time

## Week 3 Communication Examples

### Social Media Post 1:



*Twitter, Facebook, LinkedIn Format*



*Instagram Format*

### Twitter:

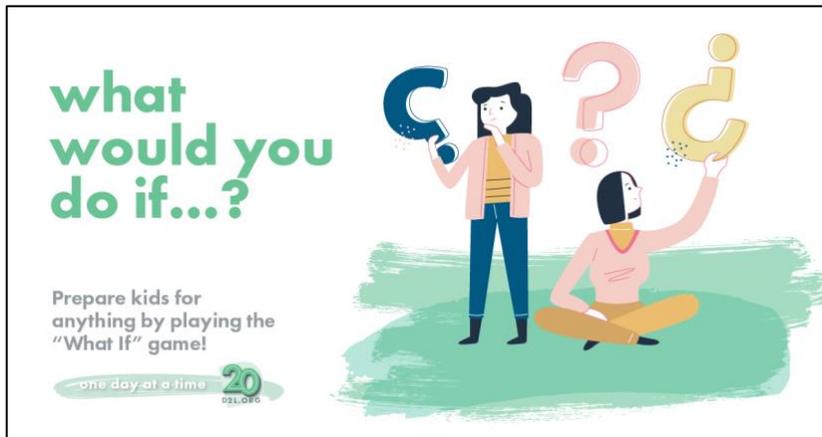
Kids need to feel seen and heard to know that they're safe. Really listen when a child talks to you and show them that you're interested in their opinion.

Who was that person in your life? Who are you providing that same type of encouragement to today?

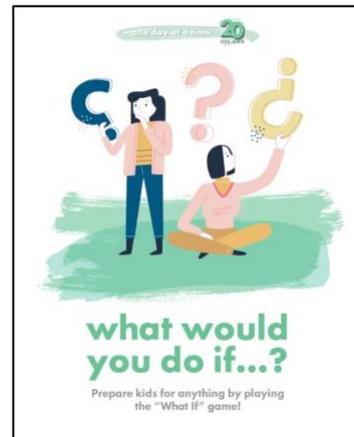
### Instagram/Facebook/LinkedIn:

Kids need to feel seen and heard to know that they're safe. Really listen when a child talks to you. Show them that you're interested in their opinion; involve them in conversations and show them that their input is valuable. This type of relationship builds resiliency in children and adults. Who was that person in your life? Who are you providing that same type of encouragement to today?

## Social Media Post 2:



*Twitter, Facebook, LinkedIn Format*



*Instagram Format*

### Twitter:

Talking to kids about #COVID19 is a great segue to talking about other scenarios they might not be prepared for. Ask a mix of questions: "What if you met an alien? What would you do if someone you don't like tries to kiss you?" Play the "What If" game: <https://www.d2l.org/what-if-game/>

### Instagram/Facebook/Linked In:

A great way to empower your kids to develop positive decision-making skills and increase their confidence in problem-solving is the "What If" game. Check in with your kids about how they are feeling right now. Ask them hypothetical questions: "What would you do if...?" Mix real questions in with silly questions to keep them engaged. "What if you met an alien – what would you ask? What if you could be a superhero – what would your superpower be? What if someone you don't like tries to kiss you – what would you do?" Talking about the #Coronavirus offers a perfect chance to discuss different scenarios, especially ones you never thought were possible, and how your kids might react to them.

Check out Darkness to Light's blog post to get started with the game!  
<https://www.d2l.org/what-if-game/>

## Sample Email Copy

Hey XXX!

How are you holding up? Can you believe it's already the third week of April? I can't decide if the month has gone by in a blur or lasted a lifetime... everything seems so topsy-turvy!

If you're like me and are feeling a little stressed, I want to encourage you to go easy on yourself. Give yourself (and any others who need it) the grace to feel your feelings and let yourself unwind. In fact, I hereby give you permission to do something relaxing. Watch a silly movie with your kids. Put on a face mask. Play your favorite album and go for a run.

Did you know that nurturing connections between caregivers and children can build resilience and protective bonds against abuse? Sometimes it's those little insignificant activities you do together that have the greatest impact. This week I'm committing to doing one activity a day to build protective bonds with the kids I care about. Want to join me?

You can follow along with [each daily activity here!](#) I'd love to hear all about how your week goes. Let's set up a time to chat soon!

Sincerely,

XXX