



Dear Parents

Because of tense situation, [the Home Front Command's guidelines](#) are being updated and we are all required to show responsibility. The state of emergency brings us all together with a sense of stress and disappointment over the reality and routine that are once again being shaken, disappointment over the possible impact on the Purim holiday events. It is important to be attentive to children and teenagers, help them cope with the guidelines, express understanding for concerns and convey to them the need to exercise caution until the time of emergency ends.

### **How will we help our children cope with the time of emergency?**

1. We will make sure that the children and teenagers know the Home Front Command's instructions, we will repeat the instructions with them according to their age and understanding, not to overwhelm them with anxiety, and we will make sure that they are near a protected space at all times.
2. We will listen to their questions, answer them honestly, in a calm, pleasant voice and age appropriate and express messages of hope and faith in our ability to protect ourselves and be protected "We have defense systems, there is someone who is watching over us."
3. Whenever we are forced to stay in protected spaces, we will ask the children to action, small, practical roles (for example, we will ask young children to pour water or call their grandmother, we will offer teenagers to read a story to their young brothers, etc.).
4. It is recommended to pay attention to the content to which children are exposed and reduce screen consumption, and to mediate the information to which they are exposed in an age appropriate manner.
5. We will maintain the holiday atmosphere at home, dress up for purim together, and give space to the feeling of the holiday and its symbols.
6. We will make sure that the protected space is prepared for staying with the little ones and that they have the necessary things such as: food, pacifiers, games, adapted stories, etc.

**Pay attention and be alert to behavioral changes that may indicate distress. If necessary, you can consult with the educational staff, counselors and psychologists at the educational institution, the local authority's social services center, or contact the emotional support hotline 6312\*, which continues to operate. the hotline will be open 24/7, during the weekend. Email for inquiries from parents of deaf and hard of hearing students Sherut@education.gov.il**

**Dear parents, you are not alone, the entire community and the educational staff are by your side.**

**Hopefully for quiet days**