



Tips for the First Responder Parent

Be open and honest about shift work and availability.

Talk with your kids about the fun parts of the job.

Never promise them that nothing will happen to you.

Draw pictures and tell stories about your work.

Have consistent parenting and discipline expectations.

Use age appropriate language and information to explain your job.

Watch for eavesdropping when discussing work.

Do something special with each child on days off.

Monitor TV and social media use for stories about first responders.

Show children all the things in place to protect you at work.

Keep a consistent routine for small children regardless of the shift work.

For additional support or advice, be sure to reach out to your EAP, local school system or peer support program.