



**Keewatinohk Inniniw  
Minoayawin Inc.**

Yathe Hotśj Dene ʔ Edenąkanełnj | Northern Peoples' Wellness

## **Caring for Children & Youth During Displacement**

**Children feel our stress, even when we try to protect them from it. They need love, routine, and space to feel safe and that's something we can give, even in hard times.**



**Dr. Barry Lavallee**  
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Minoayawin Inc.

**Displacement can be confusing and scary for children. They may not always show it in words, but they feel the disruption deeply. Right now, what they need most is connection, reassurance, and gentle care. Here are a few simple ways to support the young ones in your life:**

- **Keep small routines: meals, bedtime, and quiet time.**
- **Offer simple explanations, speak calmly and clearly.**
- **Making space for play, and laughter helps.**
- **Stay close, your presence brings safety.**
- **Let them express feelings through talking, drawing, or quiet time.**
- **Be patient, changes in behaviour are normal.**