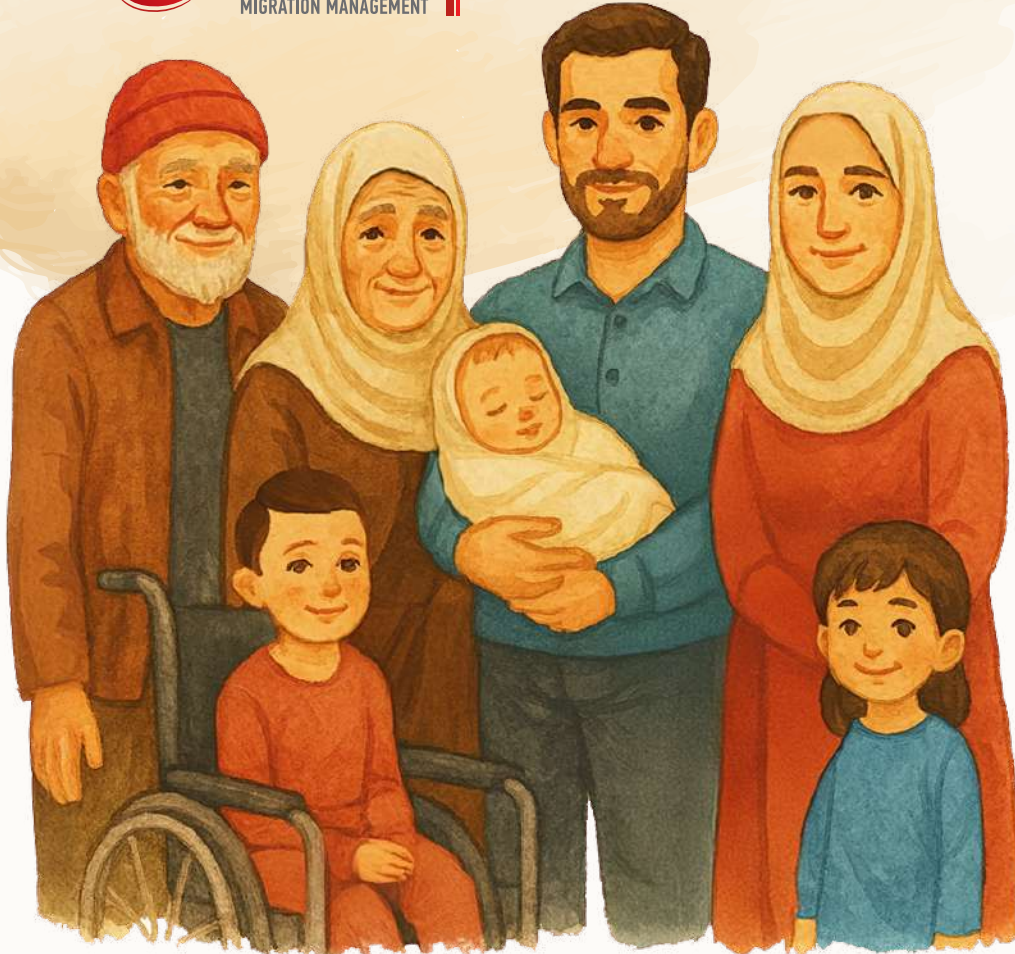




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Staying together
helps everyone feel
safe.

Safety and Preparedness Guide for Families in Emergencies

- ➡ **Make plans as a family in advance.** Discuss as a family what you will do if you separate. Include all caregivers in this conversation as well.
- ➡ **Inform your children.** Make sure they know emergency numbers, their own names, and your contact information.
- ➡ **Stay calm:** Crowded places can be stressful. Speak gently and reassure your children. This builds trust and self-confidence.
- ➡ **Adapt to your family:** Every family is different — single-parent families, extended families, or families with children with disabilities. Adjust your safety plans to suit your family's needs.



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Check your child's
documents before
embarking on the
return journey.

Recommendations for Documents and Preparations Before Returning

Before embarking on your return journey, ensure you have all necessary documents ready for yourself and your children. This helps prevent delays and ensures access to services such as healthcare, education, and legal protection.

- ➡ **Use a checklist.** This helps you stay organized and reduces stress.
- ➡ **Involve everyone:** Share the checklist with other family members and involve older children in organizing their paperwork – this builds a sense of responsibility and trust.
- ➡ **Seek support:** Legal aid or non-governmental organization (NGO) staff can help you.



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**Continue your
daily routines.**

During times of uncertainty or transition, regular and simple routines can help children feel safe, calm, and emotionally secure.

- ➡ **To create a sense of normal life**, keep meal, play, and sleep times regular.
- ➡ **Share responsibilities.** All caregivers play a role in maintaining stability.
- ➡ **Adapt routines to your family's needs.** Flexibility is important, but consistency helps children feel secure.
- ➡ **Use routines to build connection.** Mealtimes and bedtimes can be opportune moments to strengthen bonds and help children express their emotions.
- ➡ **Take care of yourself too.** Routines are good for both children and adults; they help reduce stress. If you're feeling overwhelmed, you can reach out to nonprofit organizations for help.



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Listen to your child and
calm together.

Children may feel anxious or confused during periods of change. Listening to them empathetically helps them feel safe and understood.

- ➡ **Speak openly.** Encourage children to share their feelings. Use age-appropriate language and listen without judgment.
- ➡ **Stay calm and clear.** Children expect stability from their caregivers. Reassure them, explain things simply, and remind them that they are safe and loved.
- ➡ **Do relaxing activities together.** Breathing exercises, painting, storytelling, or quiet games can help reduce stress and build bonds.
- ➡ **Share the caregiving responsibilities.** Mothers, fathers, grandparents, and siblings all play a role in keeping children calm.
- ➡ **Adapt to special needs.** If your child has a disability or trauma-related issues, use appropriate strategies and seek support if needed.

Make eye contact with your child and continue talking to them. Establish skin-to-skin contact with your baby. You can gently comfort your baby by holding them close, with soft touch and care.



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**Free and confidential
help is available.**

If you need assistance, visit your local Provincial Immigration Office for return forms, permits, and guidance.

- ➡ In your province Contact your **local Bar Association**.
- ➡ **YIMER 157** – Available 24/7 for emergencies and reports, and Monday through Friday from 8:00 AM to 6:00 PM for general inquiries.
- ➡ For any assistance, you can call the UNHCR Türkiye helpline at 444 48 68.
- ➡ **For all other information**, contact a trusted NGO or Child Protection staff member.

These services are free and confidential – entire families use them to feel safer.



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Teach your child
how to stay safe.

Children may feel anxious or confused during periods of change. Listening to them empathetically helps them feel safe and understood.

- ➡ **Teach children how to call for help.** Make sure they know emergency numbers.
- ➡ **Explain the signs of danger.** Tell children what to do if they see strange objects, military equipment, or unknown people behaving strangely. Use simple language and repeat the message frequently.
- ➡ **Teach about body safety.** Help children understand that their bodies belong to them. Explain safe and unsafe touch and remind them that it's okay to say "no."
- ➡ **Review and practice.** Use stories or games to make safety lessons easier to remember.
- ➡ **Be accommodating to each child.** Use visuals or simple language for children with disabilities or those who have experienced trauma.
- ➡ **Support each other.** All caregivers—parents, siblings, or guardians—share the responsibility of informing and protecting children.



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Your calmness helps
your child feel strong.

Children observe their caregivers to understand how to respond to stress and change.

- ➡ **Remain calm and gentle.** Your stable presence provides reassurance to children, even during difficult times.
- ➡ **Listen empathetically.** Allow children to freely share their concerns and respond patiently.
- ➡ **Practice resilience together.** Try calming routines such as storytelling, painting, or breathing exercises.
- ➡ **Share the caregiving responsibilities.** Fathers, mothers, siblings, and grandparents all play a role together — support each other.
- ➡ **Take care of yourself too.** Taking care of your own well-being helps children learn healthy coping mechanisms.
- ➡ **Adapt to special needs.** For children with disabilities or those who have experienced trauma, adjust your approach to help them feel safe.



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Sharing caregiving
responsibilities among
family members helps
raise strong and
confident children.



When families share care, play, and learning, children feel safe, confident, and loved.

- ➡ **Share the caregiving responsibilities.** When adults work together, children learn teamwork and trust.
- ➡ **Play together.** Play helps children learn and bond with their caregivers. When fathers participate in play, it strengthens trust and deepens the bond.
- ➡ **Learn together.** A hug, a kind word, or listening helps children feel safe and valued.
- ➡ **Every family is unique.** No matter what your family is like, your care helps children grow up strong and confident.



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**Continue to support your
child's learning.**

Many caregivers find that children feel proud and emotionally stronger when they continue to learn, especially during transitional periods.

- ➡ **Ask about options.** Local schools, NGOs , or education offices can provide information about flexible or alternative learning opportunities.
- ➡ **Celebrate progress.** Even small achievements, like completing a class or learning a new skill, can boost a child's self-confidence.
- ➡ **Provide support as a family.** Mothers, fathers, grandparents, and guardians can help by asking questions about school, assisting with homework, or celebrating their efforts.
- ➡ **Encourage all children to learn.** Both girls and boys deserve the chance to learn and grow. When families support the education of every child, the whole family becomes stronger.