



*Why dad is
not with us?*



There is a war going on in our country. The enemy uses different weapons, including bombs, rockets, planes and tanks. War is a dangerous time.



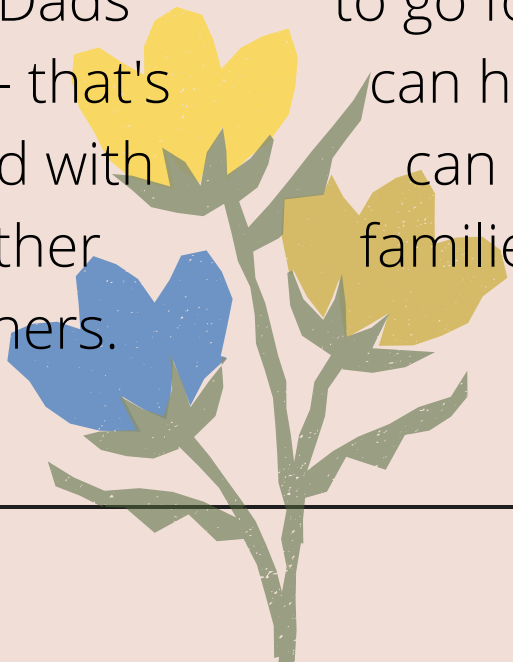
Therefore, many families decide to leave for a place where it will be safe - including to other countries. After all, the main task of parents is to provide safety for their children.



But in our country there are laws. And during the war, men cannot leave it. Dads should stay in Ukraine - that's why children go abroad with their mothers and other relatives. Without fathers.



It is important to support our country now. Men don't have to go for fight necessarily: they can help with supplies, they can work to support their families and the economy of Ukraine.





Of course, dads miss their children very much. And they want to see and hug them as soon as possible.

But it is not possible at the moment. This is very sad and makes want to cry.

You can miss father too. You can be sad. You can cry and get upset. Sometimes it's so hard from this that you want to pretend that dad doesn't exist at all.



You may even be offended and angry that dad is not around. You may not want to talk to him on the phone, look at his photo and discuss how he is.

Everything you feel right now is normal. Do not be afraid to talk about it - mom and dad will understand you both. They will not get angry and scold you, but will help you to deal with emotions.

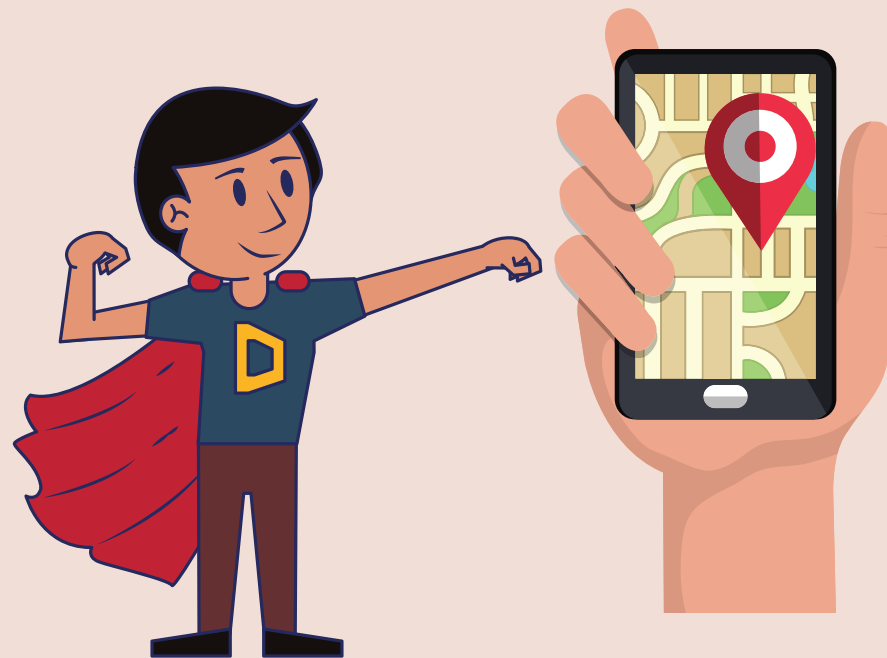


To be less sad - try to write a letter to dad or draw a picture. For example, about how you want to spend time with him.

Of course, this will not make dad closer, will not remove earning. Therefore, you can call him by audio or video connection. Try to tell how your day went.



If you are still angry and do not want to talk, it doesn't matter: mom and dad understand you. They will support you and help you deal with your feelings. The main thing is not to be silent.



Of course you're worried about your dad. Let him and mom tell you where he is now and what he is doing. It's not easy for dad either, but he cares that you and mom are safe.





Most importantly, remember that dad loves you very much and wants to be there for you. Just for now - you have to wait a bit!

The war will end and you will be together again as a family!
In the meantime, hug your mom - she really needs it too!