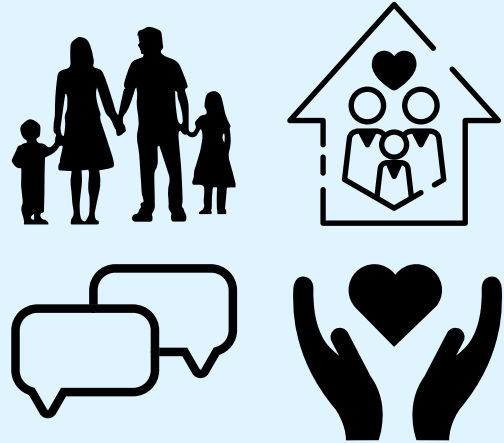


Tips on talking to children about war

As you use these tips, keep in mind that each child's journey along the road to resilience will be different and that your own knowledge of your child will help guide you.

Basic information

The past few years have caused much uncertainty with our children. We are now facing yet another stressful time with the war going on in Europe. Along with this added stress may come feelings of confusion, fear, anger and anxiety in our children.



Helpful tips:

- 1.** Start with where they are. If they are asking questions, first gain an idea of what they already know. Use simple terminology and meet them on their level. Be honest, available and age appropriate with conversations. The goal is to educate not scare them.
 - 2.** Reassure their safety. Comfort them by being present and spending time together as a family. Listen to their fears and validate their feelings. Children thrive off of schedules, keeping a routine can also help them feel secure.
 - 3.** Limit their exposure to the media. Its not necessary to hide what is happening in the world but for children it may be helpful to filter. Children with military family members may be especially sensitive to this piece.
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Building Resiliency:

Our children are resilient. Teaching resiliency is a journey that is different for every child (similar to reading and writing). Continue to support your child through hard times and build them up. Lean in as a family to navigate the ups and downs together.

Things to Watch For:

Watch your children for signs of fear and anxiety. Feelings are not always verbalized by children but displayed in the forms of clinginess or attention seeking behaviors. Encourage children to identify their feelings through play or by drawing, journaling. Please reach out to your school counselor if you need additional support.