



# Tips for Parents

## How To Talk With Your Child About War

**Our attitude sets the atmosphere. Be calm and reassuring.**

**In order to help your child:**

- Emphasize that they are safe; review family safety procedures
- Inform that leaders have increased security measures

**At home provide a safe, supportive environment**

- Allow and encourage your children to express how they feel
- Be a good listener (allow the child to do most of the talking)
- Be attentive
- Acknowledge feelings
- Provide supportive feedback and reassurance

**How to help your child deal with the extensive media coverage:**

For Elementary Age Children

- Exclude exposure to violence and drama (i.e. dead corpses, bloody bodies, police with guns)
- Watch, along with your child, students involved in problem-solving efforts that are on TV (i.e. kids supporting each other, telling an adult when something is wrong)
- Emphasize students working together toward solutions

For Middle School and High School Age Youth

- Watch media coverage with them
- Ask questions such as:
  1. What are your thoughts and feelings about what you have seen?
  2. Why do you think this happened?