

STEPS FOR TALKING TO KIDS WHEN BAD THINGS HAPPEN

1 Stay Calm and Reassuring

Children take cues from your behavior. Stay calm to help them feel safe.



2 Create a Safe Space to Talk

Let your child know it's okay to ask questions and share their feelings.



3 Use Age-Appropriate Language

Tailor your explanation to their age and understanding. Avoid unnecessary details.



4 Stick to the Facts

Provide clear, honest, and simple explanations without overloading them with information.



5 Acknowledge Their Feelings

Validate their emotions by saying, "It's okay to feel sad/scared/confused."



STEPS FOR TALKING TO KIDS ABOUT BAD EVENTS

6 Focus on Safety

Explain the safety measures in place and how you're keeping your children safe.



7 Limit Media Exposure

Shield them from graphic images or repeated news coverage.



8 Highlight Helpers

Share stories of people who are helping in the situation to foster hope and resilience.



9 Encourage Questions

Ask, "What do you want to know?" and answer truthfully but briefly.



10 Model Healthy Coping

Show your children ways you deal with difficult feelings, like drawing, yoga, or doing something active.

