

# Talking to Your Child about Tragic Events

Every child's reaction to stress will be unique. Some children may show reactions, other might seem the same as any other day.

The followings are some tips to support your child in a difficult time.

- **Limit exposure to news coverage of disturbing events.**

Closely monitor what your child is seeing on TV and reading in magazines and in the newspaper. Turn off the TV if it is negatively affecting your family. Kids under 6 should see little or none of the TV coverage.

- **Talk to your child and provide simple, accurate information.**

Don't over-share about the traumatic events, but explain in an age-appropriate way what happened. If your child asks questions that you don't know how to answer, it's perfectly appropriate to say, "I don't know" or "What do you think?"

- **Reassure your child, but don't lie.**

If your child is concerned about his/her safety, you can tell him/her, "We are doing our best to keep everyone safe." However, don't pretend that tragic events will never happen. Instead, tell your child that these events are very rare.

- **Acknowledge his/her feelings.**

"I can see it makes you sad to think about all the people who were hurt by this event. I'm sad too." This helps clarify everyone's feelings.

- **Maintain regular routines and provide enough opportunity to play.**

Make sure that regular routines, such as meal time and bed time, are the same as much as possible so that your child feels secure. Play helps your child to express feelings and cope with stress, although you might not see it directly.