

How to Talk About Scary News With Your Kids in a Way That Helps Them Feel Safe and Informed

This will help you gauge their understanding of the situation and figure out what they need to know. It's also a good way to open up a dialogue and let your child know that they can come to you with any questions or concerns they have.

Don't sugarcoat the news, but don't overwhelm your child with too much information either. Use simple language and explain things in a way that your child can understand. For example, you might say something like, "There's been a shooting at a school in another part of the country. The police are there now and they're keeping everyone safe."

Stick to the facts of the situation and avoid giving your own opinions or interpretations. This will help your child to understand what happened without being biased. You can say something like, "The shooter was a man named Adam Lanza. He killed 20 children and 6 adults before killing himself."



Parkinson's Disease: How to Talk About it with Your Kids by Robert Lindsay

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 44 pages



Let your child know that they are safe and that you will do everything you can to protect them. You can say something like, "I know this is scary, but I want you to know that you are safe. We live in a safe community and the police are doing everything they can to keep us safe."

Your child may have a lot of questions about what happened. Answer their questions honestly and patiently. It's okay if you don't know all the answers, but let your child know that you will find out for them.

Constant exposure to news coverage can be overwhelming for children. Limit their exposure to the news and make sure they are getting their information from reliable sources.

Your child will learn from your reaction to the news. Stay calm and reassuring, and let your child know that it's okay to be scared or anxious.

If your child is struggling to cope with the news, don't hesitate to seek professional help. A therapist can help your child to process their emotions and develop coping mechanisms.

Talking to your kids about scary news stories can be difficult, but it's important to do so in a way that helps them feel safe and informed. By following these tips, you can help your child to understand what's going on in the world without being overwhelmed or scared.

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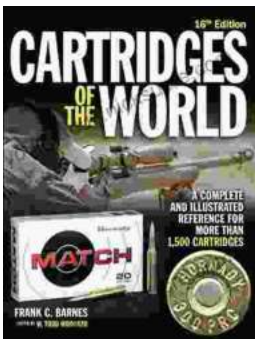
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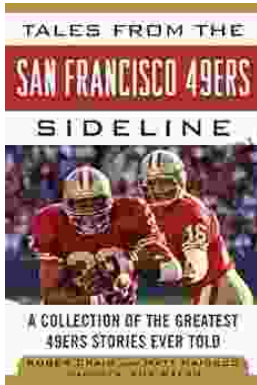
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