

How can we talk to our children?

Here are some ideas for addressing the scary things children are hearing about the conflict in Ukraine.

Limit their exposure to conversations and news not aimed at their age group.

Be reassuring but not dismissive.

Find positive angles- encourage them that the world is pulling together to help Ukraine.

Show them on a map that there is a large distance between us and the place the war is happening.

Talk them through what they have heard and discuss how they are feeling.

Be careful to talk about 'bad decisions' rather than 'bad people' which could cause fear.

Do not lie to try to protect them - this will risk harming their sense of trust

Discuss ways they can help rather than leaving them feeling helpless- try fundraising or donating.

Keep the conversation open for them to come back to you.

Tell them they are safe.

Remember if you appear calm, the world feels like a calm place.

Tell them it's ok to feel upset.