

TALKING TO KIDS ABOUT DIFFICULT CURRENT EVENTS: AN ADULT & CAREGIVER GUIDE

Hearing news about violent conflicts and events is challenging at any age, but can be especially overwhelming and confusing to kids. Below are ways you can prompt open dialogue with your child about difficult current events. You'll also find meaningful ways to cultivate their sense of safety and security.

TIPS FOR TALKING TO KIDS ABOUT DIFFICULT CURRENT EVENTS

Having candid conversations with your child about conflict, violence, and war can be essential to helping them understand and cope with disturbing events. When speaking, it is important to:

- 1. Let them know they are safe and loved.** Starting these conversations with affirmations of your love will help them feel safe and secure to share their thoughts, feelings, and concerns. It may also ease some of their immediate worry or anxiety about what they may have seen or heard.
- 2. Be their primary source of information.** Start by asking what they already know and what questions they have. Use their feedback as a guide for the conversation. Provide them with age-appropriate information to help frame their understanding and feel more informed. Then, discuss your family's values around kindness and empathy.
- 3. Be patient, compassionate, and attentive.** One conversation may not be enough; they may need time to process the information and share their thoughts. Check-in with them over the next few days to see if any other questions or feelings have come up.
- 4. Reach for support.** You may not have all the answers and that's okay. You might also be navigating your own feelings. Look to resources from reputable sources, like the ones at the end of this article. If needed, reach out to your community of loved ones. Know that [therapists and mental health professionals](#) are trained to help you and your family.

TAKING ACTION AT HOME & IN YOUR COMMUNITY

Explore these activities and resources with your child and use them to take action, spread positivity, and show care.

- **Learn about the world:** Explore reliable news sources to stay informed and knowledgeable about what is happening across the world. [Nickelodeon's Nick News](#) is a great place to start.
- **Build empathy:** Help your child understand how others feel by reading books that highlight empathy and compassion for young readers. Ask your local librarian for recommendations, or check out this [book list](#).
- **Envision a brighter future:** Talk to your child about their hopes for a brighter future. [Listen to these kids share](#) their vision of peace and unity. Then, create your own [vision board](#) that you can return to when you need hope and comfort.
- **Practice self- and community-care:** Look for ways you and your family can support those in your community who may be struggling. Check-in with or deliver a meal to family, friends, and neighbors. Remember, you and your child need care, too. Use this [self-care checklist](#) to explore calming actions that can help you both feel better. [Deep \(sea\) breathing](#) can also help create soothing moments together.

WANT TO LEARN MORE? NICKELODEON IS HERE TO HELP.

[How to Talk to Your Children about Conflict and War](#) - UNICEF

[How to Talk With Kids About Tragedies & Other Traumatic News Events](#) -

American Academy of Pediatrics

[Children's Books about War and Peace](#) - Public Library Resource

[NickHelps.com](#) for kids of all ages

**SPECIAL
THANKS**

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