

# Talking with Children About Tragedy in the News

PRESENTED BY:  
PS 151Q  
SUPPORT STAFF AND ADMINISTRATION

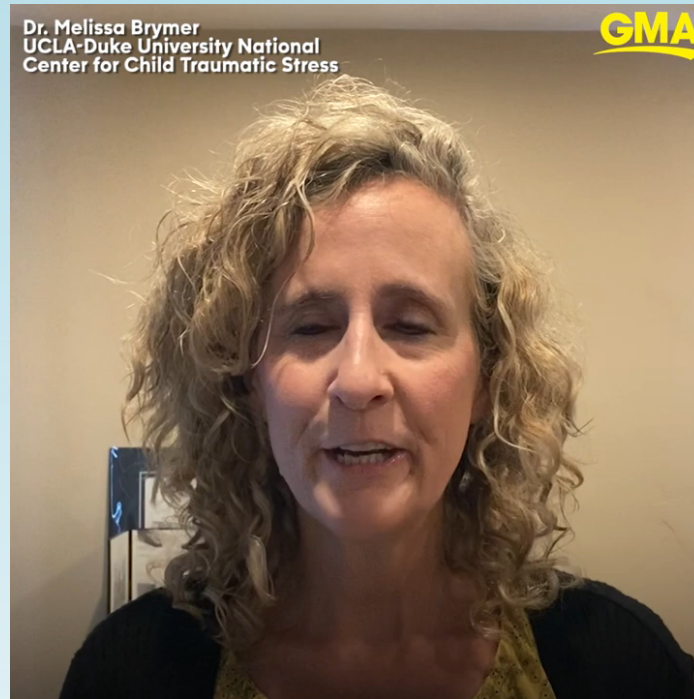
# Let's Take a Moment...

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

- Mr. Rogers



# A Brief Video



# How to Start the Conversation with our Children



- First, find out what your child knows about the tragic event in the news.
- Assure your child that it is okay to talk about sad or scary events.
- Encourage questions, both now and in the future.
- Reassure your child that many people are working to keep them safe.

# Consider Your Child's Age

## Early Elementary School

- Keep information brief and simple
- Reassure them
- Give simple examples of school safety

## Upper Elementary School

- Have an open conversation about their feelings
- Help them separate reality from fantasy
- Talk about what the school and community does to provide safe schools



# The Importance of Self-Care



It is important for us - as adults - to keep in mind the ways that we can manage our own stress, so that we can be the best caregivers possible for our children.



Prioritize family time and enjoy the small moments.

“Give your child extra comfort and physical affection, like hugs or snuggling up together with a favorite book. Physical comfort goes a long way towards providing inner security.

That closeness can nourish you, too.”

- Mr. Rogers



# Questions and Concerns

# Resources

<https://www.colorincolorado.org/article/15-tips-talking-children-about-school-violence>

<https://www.youtube.com/watch?v=eEUY3D2ak-M>

<https://www.nasponline.org/>