

TALKING TO KIDS ABOUT  
**TRAGEDY**  
 IN THE MEDIA  
 4 TIPS  
 FROM ON OUR SLEEVES EXPERTS




If you are a parent, caregiver, teacher, or coach, children may look to you to understand current events. Here are ways you can start a conversation and offer support.



**FIRST,** →  
 TAKE THE TIME TO  
**CHECK IN WITH YOURSELF.**



Process the information and cope with the emotions you may be feeling.

SET UP A TIME TO  
 ? **TALK.** ? →

Ask open-ended questions, such as "How are you feeling about that?" to gauge how much they know and understand.

TRY TO ONLY  
**GIVE SMALL BITS OF INFORMATION AT ONCE (MAYBE A SENTENCE OR TWO.)**



If they ask follow-up questions, they're ready to hear more.



**APPROACH COPING WITH STRESS AS A FAMILY:**

- Limit your consumption of news; potentially to 30 to 60 minutes a day.
- Model coping strategies.
- Think of ways you can help.
- Remember to care for yourself first.



★ **YOU DON'T NEED TO KNOW ALL THE ANSWERS — THAT'S OKAY!** →

- Try to be as objective as possible (don't add judgment)
- Normalize the emotions.



ON OUR SLEEVES™



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