

IMPORTANT INFORMATION - PLEASE TRANSLATE

- Informations importantes - Veuillez traduire • 这是一份重要信息 — 请找人为您翻译
- Mahalagang Impormasyon - Paki salin sa sariling wika • Thông tin quan trọng - Xin tìm phiên dịch
- ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ-ਮਿਹਰਬਾਨੀ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ/ਕਰਵਾਓ • महत्वपूर्ण जानकारी - कृपया अनुवाद करें
- Información importante - Por favor traducir • 重要な情報-翻訳してください
- 중요한 정보 - 번역 부탁드립니다 • معلومات مهمة - الرجاء الترجمة
- لطفا ترجمه کنید • Важная информация - переведите, пожалуйста

Tips for Caregivers of VSB Students;

Families and schools are microcosms of the greater world. With access to social media and news, coupled with rapidly changing current events, children in your care may be feeling overwhelmed by global and local events. This one-pager can be used as suggestions when engaging with your children to discuss difficult topics.

1. Be Mindful of Your Reactions: Your child will take cues from you on how to respond.
2. Keep Communication Open: Encourage your children to express their feelings. Be prepared to listen actively and answer their questions in an age-appropriate manner.
3. Maintain Routine: Try to stick to your regular daily routines as much as possible. Consistency provides a sense of stability and security for children.
4. Communicate Age-Appropriate Information: Tailor your explanations to your child's age and level of understanding. Younger children may need simpler, less detailed explanations, while older children might require more context.
5. Limit Exposure to News: Continuous exposure to news coverage can be overwhelming. If your child is quoting from text they see online, help them to ask questions about the source.
6. Seek Community Support: School staff, community organizations, or counsellors can provide guidance and resources to help children cope with emotional impact.

Resources:

How to Talk to Your Children About Conflict and War

<https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

Explaining the News to Our Kids

<https://www.common sense media.org/articles/explaining-the-news-to-our-kids>

Kids Help Phone – How to Cope with Tragedy

<https://kidshelpphone.ca/get-info/coping-tragedy/>

