

TIPS FOR HOLDING SPACE FOR DIFFICULT CONVERSATIONS AT HOME: A GUIDE FOR FAMILIES

Schools are microcosms of the greater world. With access to social media and news, coupled with rapidly changing current events, children may feel overwhelmed by global and local events. This one-pager can be used to support discussions with children about 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 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 emotions.

Resources:

[How to Talk to Your Children About Conflict and War](#)

[Explaining the News to Our Kids](#)

[Kids Help Phone – How to Cope with Tragedy](#)

