

October 17, 2023

Dear parents,

Images and information about wars, violence and conflict can confuse and frighten children who may feel in danger or worry that their friends or loved-ones are at risk. Children will look to the significant adults in their lives for information and guidance on how to react, as well as seek support to process complex situations and cope with their emotions. Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears.

Below are links to articles and resources that can help guide parents and educators when discussing the challenging topics of violence and conflict with children.

[Helping children cope with frightening news](#)

[Talking to children about violence](#)

[Talking with children and youth about difficult things](#)

[How to talk to your children about conflict and war](#)

[How do I talk to my child about upsetting news?](#)

As you use these tips, keep in mind that each child's journey is different and that your own knowledge of your child will guide you.

Thank you.