

SUPPORTING CHILDREN DURING TIMES OF UNCERTAINTY



01

SET TIME ASIDE TO FIND AN EFFECTIVE COPING STRATEGY.

THIS COULD INCLUDE BREATHING EXERCISES, PHYSICAL ACTIVITY AND CREATIVE EXPRESSION.

02

CREATE A SAFE AND BRAVE ENVIRONMENT FOR CHILDREN TO ASK QUESTIONS DURING AND AFTER YOUR DISCUSSION.

ENSURE THAT YOUR CONVERSATIONS REMAIN CHILD FRIENDLY.

03

SHOW THEM THEIR FEELINGS ARE VALID & THEY ARE NOT ALONE.

COMMUNICATE WITH YOUR CHILD THAT IT IS OKAY TO FEEL DIFFERENT EMOTIONS, AND THAT THEY ARE NOT ALONE IN FEELING THIS WAY.

04

HAVE A CONVERSATION ABOUT MEDIA LITERACY & HOW TO SPOT MISINFORMATION.

IF CHILDREN WANT TO LEARN MORE ON THEIR OWN, PROVIDE THEM WITH CREDIBLE SOURCES.

05

IDENTIFY WAYS THEY CAN MAKE A DIFFERENCE

ONE WAY TO FEEL LESS ANXIOUS ABOUT A SITUATION IS THROUGH TAKING ACTION. PROVIDE THEM WITH RESOURCES OR SOLUTIONS TO SHOW THEIR SUPPORT.