

## How to talk to your child about what's happening in Ukraine

@powerthoughtsnc



YOU NEED THIS!

### Be mindful

Be mindful of what you watch or listen to when your children are around as well as the conversations that you have. If children want to know what's going on then stay informed via Newsround or a child friendly version of the news and discuss what was shared.

@powerthoughtsnc



YOU NEED THIS!

### It's ok if you don't have all the answers

Of course we want to fix things and protect them but it's ok to not have all the answers. Let them know that you'll come back to them when you know more.

@powerthoughtsnc



YOU NEED THIS!

# Follow their lead

Meet them where they're at. If your child comes to you with a statement or question get curious and ask them more about it. We can easily fall into the trap of oversharing and giving too much information that children may not be able to comprehend or understand. Follow their lead and first take moment to see what they know.

@powerthoughtsnc



YOU NEED THIS!

## Circle of control

A useful activity is to help your children focus on what is within their control. Perhaps explore how they can help, give to a charity or what they can do in the moment to calm their worries.

@powerthoughtsnc



YOU NEED THIS!

### Look after yourself too

Make sure that you also have support or someone to share your concerns with too, so that you have the tools to navigate your own anxieties.

@powerthoughtsnc



YOU NEED THIS!

### Allow space for their feelings

Validate their feelings and let them know it's ok to feel worried or anxious. Provide a safe space for them to share their concerns and process their feelings. Let them know you are always there.

@powerthoughtsnc

