



Helping children cope with difficult events in the news.

- Don't feel that you need to have all the answers.
- With older children, look up the answers with them, showing them reliable sources of information.

- Make time for talk.
- Active listening - give your undivided attention.
- Ask questions - don't assume what they do/don't know.
- Normalise feelings - it's OK to feel anxious.

- Limit screen time and avoid information overload.
- Get children outside.
- Being active can take people 'out of their heads' and lessen anxieties.



- Focus children on what is within their control.
- Look at organisations that are providing help and think about ways that children can contribute.
- Point out examples of others helping.

- Show children how to quiet their mind by reconnecting with their senses.
- E.g. focus on pushing their feet on the floor, or notice the temperature of the air as they breathe in/out.

The five ways to wellbeing are evidence based ways of looking after your mental health. Here, we think about how they can support children during a time of heightened anxiety and fear amid world events or their wider environment. Children under 7 are unlikely to take on board much of what is going on in the news, so it can be best to wait for them to bring it up. With older children and teenagers, adults have less control over where their information comes from. Ask them questions to determine what they know and correct any misconceptions. With older children, respond to questions but don't overload them with facts. Keep messages simple and offer reassurances about the minimal risk of events directly impacting them or their families. Teens might have 'what if' questions - help them reality check these 'what ifs', explore what they could do in certain situations and focus them on the things they can control.

