

Helping Kids During Crisis

- Try and keep routines as normal as possible. Kids gain security from the predictability of routine, including attending school.
- Limit exposure to television and the news.
- Be honest with kids and share with them as much information as they are developmentally able to handle.
- Listen to kids' fears and concerns.
- Reassure kids that the world is a good place to be, but that there are people who do bad things.
- Parents and adults need to first deal with and assess their own responses to crisis and stress.
- Rebuild and reaffirm attachments and relationships.