

Talking to kids about

UKRAINE

-Know how you feel about the conflict first. Process with a spouse or a friend before talking to your kids. Children pay attention to your body language and emotions. They will follow your lead. If you are anxious they will feel this and may respond in a similar way.

-Let your children know they are safe. Let them know what we are doing as a country to keep the United States as safe as possible. Use a map to show them where the conflict is happening in the world. Talk about the people that are helping the citizens of Ukraine to be safe too.

-Pay attention to what your kids are seeing on their devices. You need to monitor media use and have specific guidelines of how you use tech in your home. This will help them because it will limit what they are seeing that could be inappropriate.
*Find out what your children are learning at school so you know how to respond to questions or concerns... chat with the teacher.

-Make sure to use language that is appropriate to the developmental level of the child. Don't share more than what they are asking you. Keep information limited to what they want to know.

-Support their feelings and reactions even if you feel a different way. Children need to feel supported and heard from their family.

-Always seek support from a mental health professional if you think your family needs it. War is hard for all of us to understand and process. It is ok that this is hard and that we all may need additional support.

[Video on how to talk to kids about Ukraine.](#)