



How to..... talk to your children about traumatic events

1

Parents: check in with where you are at and pay attention to your emotional health. We are best able to care for our children when we attend to our mental health needs. These experiences impact us all and acknowledging the thoughts and feelings around these events can help us be better prepared to talk with our children.

2

Give your child a chance to express their feelings. Ask open-ended questions:

- How are you feeling?
- What are you thinking/wondering about?
- Do you have any questions or worries?

3

Be patient in this effort. Give them time and even some silence to allow them to tap into their thoughts.

4

As best as you can, try to maintain consistent routines for your child. This consistency helps provide children with a sense of stability and security.

5

Stay informed but limit media exposure. Do not watch media/news when children are around. This tends to create confusion and added stress. Try sharing simple facts with your child that are age and development appropriate. Balance out these facts by talking to your children about how adults in the community work towards keeping our community safe.

6

Lastly, keep checking in with your child and come back to messages of support and safety.



MSU Health Care