

No matter the child's age, consider these key points when talking to children about difficult topics:

- Be *honest*, kids pick up on more than we realize and the more accurate information they have the less misconceptions they create.
- Be *concrete* in the things that you say and the words that you use.
- Let them know that it may be hard or uncomfortable for you too and you can learn and grow *together*.
- Model that many different feelings may surface. Each feeling deserves attention. You may see your children flow more easily from one emotion to the other.
- Ask them what they have noticed about the situation, both to help them process and identify if they have any misconceptions.
- Talk about if their day to daily routine will be affected and what they can expect in the days to come.
- Help them identify one or a few safe people that they can talk to anytime they have questions or concerns about what is happening.
- Help them identify coping techniques that they feel work for them or that you could work on together
- Work together to look for some positives in the situation to point to as well