



Tips for Parents for Talking to Kids about the School Shootings in Florida

- Take the time to be aware of your own feelings and reactions. Children are keenly aware of their parent's emotions and worries. If you are too upset, anxious or worried about this troubling current event, wait to talk with your child, or ask someone else who is close to them to do so.
- Be willing to talk to your child about the shootings, particularly if you think he/she might know something about this event.
- Limit your child's access to television, newspapers and magazines with graphic images of violence. For very young children, avoid exposure to the media altogether.
- Spend extra time with your children if possible. Be available to answer questions.
- Take your child's questions seriously and be prepared to answer the same question repeatedly.
- Give your child enough information to answer his/her questions, but no more.
- Don't worry if your child does not talk about these events very much. Children have different styles and timetables for processing information.
- Pay particular attention to bed-time routines and take extra time for being close to your child.
- Maintain the daily routine. Predictability and routine are comforting for children.
- Offer your child opportunities to help or to do something positive. Children feel better when they can offer concrete assistance.

*For further information or referral call the Child Witness to Violence Project at Boston Medical Center:
617-414-4244*

Web-based Resources:

The National Child Traumatic Stress Network: <http://www.nctsn.org/trauma-types/terrorism>

The American Academy of Pediatrics: www.AAP.org

American Academy of Child and Adolescent Psychiatry: www.aacap.org

The Child Witness to Violence Project: www.childwitnessstoviolence.org