



## PARENTING TIPS

### to help kids cope after a crisis or tragedy

Kids often have many questions and concerns following a crisis, tragedy, or community or world violence. How parents respond to such incidents can greatly impact how children cope with the aftermath.

Here are some parenting tips:

- 1 Given that every child is a unique creation of God, **parents should adjust their responses** given each child's age and developmental level.
- 2 **Keep discussions of the details of the tragedy or violence to a minimum.** Emphasize the measures taken to restore safety.
- 3 If your child has questions about the event, **answer them honestly, but briefly.**
- 4 **Pay attention to your child's feelings** in response to the incident. Children, like adults, may feel sad, mad, worried, or confused. Validate these emotions as they are all appropriate under the circumstances.
- 5 **Encourage positive coping skills** such as talking, writing, drawing, praying, playing, and exercising, for example.
- 6 **Younger children often benefit most from reassurance** that parents and other adults such as police officers, firefighters, and soldiers are going to do everything possible to keep them safe.
- 7 **Older children might want to offer to help.** Channel their energy in positive ways, such as praying for victims and their families, sending cards of encouragement to those impacted, or donating a portion of their allowance.
- 8 **Spend time reflecting on Scripture** that reassures us that God is still in control and has good plans for us, like Jeremiah 29:11; John 16:33; Psalm 23:4; or Isaiah 41:33.

For more information, or to schedule an appointment with a Christian counselor, please call **800.438.1772**. Counseling services are provided in person at our Midwest clinic locations or anywhere via secure video. Learn more at [www.ChristianFamilySolutions.org](http://www.ChristianFamilySolutions.org).

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