

How To Talk To Your Child

About School Shootings

It's ok to talk to your child about the recent school shooting. Avoiding the topic can increase the child's fears, especially when others around them are talking about it. Just keep in mind the age of your child. You can ask if they have any questions and answer as appropriate. Avoid giving too much detailed information.



Correct any inaccurate information. Rumors start immediately and information travels fast. Correct any information that you know is not accurate. If you don't know it's ok to say that. Avoid any speculation.

Limit what they see and hear in the media. The media tends to sensationalize and give graphic details. Social media is a hot box for wrong and misleading information that may increase your child's fears. Exposure to frequent images, sounds and details will increase your child's emotions and can lead to unhealthy thoughts and behaviors. Young children should not be exposed to any of these news stories as it may confuse and upset them.



Be prepared for your child's reactions. Common reactions could include difficulty paying attention or concentrating, increase in irritability and defiance or becoming overly attached to their parent or caregiver. Young children may worry about the event happening to them. They may have trouble sleeping and eating.



Be patient, these reactions should calm in a few weeks. If in a few weeks these reactions and feelings don't subside, talk to your school counselor, pastor or family doctor. It's ok to seek help.

