

How to Talk to Your Child About the Situation in Ukraine



As your child grows, they become more aware of the wider world, environmental disasters, wars and famines.

Your job is to help your child steady the emotions they experience as their awareness grows.



When your child asks a question about a big world event, it's a sign that they've already started trying to make sense of things.

So begin by finding out what they understand and then how they feel.



Good slow listening will really help your child talk:

- Let them know they can take their time
- Ask minimal questions
- Use gentle, easy prompts:
'uh-huh', 'I can see', 'mmm'
- Acknowledge the confusion and complication:
'It's hard to understand why'



Try to answer any questions simply and honestly and to acknowledge what we don't understand.

When your child has had time to speak and ask questions, it's important to help them step away from thinking / worrying



You've done a lot of thinking.

Did you know that there are many many grown ups thinking about Ukraine and what we need to do to help.

Now that we've chatted, I want you to give me these worries and let me and the other adults work out what we can do to help.

Because that's what daddies and mummies are here for.



After talking, bring their attention back to the normality of home life.

You might say:

"Sit here next to me whilst I peel the carrots."

Then slowly talk about the here-and-now.

"Grandad rang, he's got a new chair"

