



Talking tips for parents on speaking with your child about traumatic events:

- Reassure your child that they are safe and that school is a safe place.
- Explain that all feelings are ok and give time for you and your child to discuss any feelings they may have (remember children need brief simple information).
- When talking with your child if tough questions come up, know that it is okay to answer “I don’t know.” It’s okay to not know exactly what to say.
- Limit television, online viewing, social media, or information accessible to the child of these events, children often misunderstand this information which can cause emotional distress.
- Maintain your child’s normal routine.
- If further support is needed to discuss these events with your child please contact the school site.
- For outside mental health resources please refer to www.caresolace.com/cnusdfamilies, www.samhsa.gov or www.nasponline.org