

TELLING YOUR CHILD UPSETTING NEWS

GOAL:

To share upsetting news in a caring and supporting way

1. **Monitor** your news consumption in front your child.
2. **Be aware** of your own personal reactions.
3. **Prepare** for and find protected time to discuss the upsetting news.
4. **State the facts** while keeping your child's age in mind.
5. **Listen** and support.
6. **Be honest** if you don't have the answers. Follow up at a later time.
7. **Seek support** for yourself and family if concerns persist.

[Visit our website for more support here:](#)



 *We must teach in a way the child can learn*