

## Children and Violence at School

Here are some helpful tips from a variety of good sources, several are listed below.

- Let children lead the conversation. Children have a way of asking questions for which they are ready to hear the answers.
- Be factual and age appropriate. You know your children best and what they can handle.
- Children move in and out of BIG feelings quickly. They cannot stay in lengthy conversations about grief and fear for a long time. They need to come up for air before adults do.
- Honor their feelings. It is okay to be sad, angry, scared, anxious.
- Help them look for the helpers. Who showed up and how did they show up?
- Asking them what do they need to feel safe?
- Who are the helpers at school, school counselors, teachers, friends. Many of these folks can help our children feel safe.
- When things feel out of control, it can be really helpful to let them have some control in their own lives. Pick and choose what they can determine about their lives.
- Routine is helpful.
- For you to stay steady and calm. Model managing your own big feelings. Let yourself process, but with adults.
- We are all looking for things to do. We can pray for families and the school, we can send cards, we can make our voices heard.
- Children can be the heart and hands of Christ. They can affect change. Help them look for ways to do those things.
- Staying off screens and away from the news. Outside time, family time are all beautiful gifts.

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