

Helping Children During Anxious Times

Listen to your child. Be present in your home, the car, anytime when you are with your children.

Sometimes children may ask for information but what they want is your time, attention, and reassurance.

When asked a question about current events, consider asking your children what he or she thinks and what they have heard. Clear up misinformation.

Turn to God's word.

"When I am afraid, I will trust in you. In God, whose word I praise,
In God I trust; I will not be afraid. Psalms 3:3 & 4

Pray together with your child and as a family.

Ask children for ideas of what to include in your prayers.

Turn off the TV!

Monitor what scenes of the disaster young children see in the home by turning off the TV. A break from ongoing news coverage is good for children and parents.

Help children to interpret the world around them.

Children see images and hear conversations differently than adults.
War can be described as "a fight between people."

Think about the age of your child as you talk with them.

Questions from younger children can be met by very basic facts.
Too much information can confuse children and unnecessarily add to their stress.
With older children, be honest about what has occurred and provide facts.
Ask children what they have heard from others.
Clear up rumors and false information.

Remember that children depend on you for their care.

It is natural for them to worry about who will take care of them. Don't be disappointed if children worry about themselves. It's very natural and developmentally appropriate.

Spend time with your child, especially doing something fun or relaxing for both of you. Read together, take a walk, etc. Spend time together as a family.

Review family safety procedures (in positive times) so children will feel prepared if an emergency situation occurs.

Take time for your own support.

Children sense, and many times, take on the emotions of adults.
Our stress will stress our children. Be aware of children when you talk with other adults.

Be aware of changed appetite, sleeping habits, energy level and seek help if needed.

Remember, you are not alone.

~Children's Ministry Vestavia Hills Baptist Church