

When Tragedy Strikes

How are we to process tragic events with our kids?

Here are a few practical thoughts and reminders to help:

- **FEELINGS:** share feelings and label the losses...talk it out without obsessing on it.
- **LIMIT MEDIA:** as much as you can, take a break from news coverage as a family.
- **FAMILY IS SAFE:** reassure kids that your family is a safe place...and even plan some family favorites over the next few days and weeks.
- **FUTURE PLANS:** make future plans... this helps kids know that life goes on and there are things to look forward to.
- **MAINTAIN ROUTINES:** structure and schedule helps kids (and adults) feel more stable.
- **REFRAME THE TRAGEDY:** talk about the helpers that are doing so much good, and the massive response effort underway for our protection.
- **SELF-CARE:** model doing things you love that serve as outlets for stress and bring joy (ski, crafts, etc).
- **RETURN:** gradually return to normal things...trying not to live in fear.
- **SERVE:** look for ways to help those in need, and join the efforts (even little acts of kindness matter!).
- **GOD IS WITH YOU:** remind kids the truth in God's Word. He loves, forgives, counsels, is close, heals, provides, etc. Speak this blessing regularly to your child(ren), "be strong and courageous, do not be afraid, do not be discouraged for the Lord your God is with you wherever you go."

