



# TALKING TO KIDS ABOUT WAR

**Kalmer**  
COUNSELLING

News surrounding Russia invading Ukraine and the devastating effects of war are overwhelming especially for children. We have just gone through two of the most emotionally charged years with COVID-19, the full impact on our emotional wellbeing is only starting to be discovered. We have operated in survival mode in a high state of alert for a long period of time, therefore we are extremely triggered by further threats to our safety.

The media thrive on creating mass hysteria and therefore generalise and heighten situations for full impact, which can be very traumatic for our children to watch. Our children are like sponges and will be absorbing everything they see and hear on social media, the news and general conversation.



# 5 CONSIDERATIONS WHEN TALKING TO KIDS ABOUT WAR

**1. REGULATE YOURSELF FIRST**

**2. LISTEN & ANSWER THEIR QUESTIONS**

**3. GIVE A REALITY CHECK AND NORMALISE THE SITUATION**

**4. MINIMISE EXPOSURE**

**5. ACT WITH KINDNESS**

Do your research



## REGULATE YOURSELF FIRST

Feel empowered by knowing what is currently happening and how you feel about it. Children can pick up on non verbal communication including your tone of voice and body language.

RESEARCH



## **LISTEN AND ANSWER THEIR QUESTIONS**

By listening to what is specifically worrying them and to the questions they ask you will be able to get a sense of what it is they are really worried about. Don't suggest what they could be worried about as you might be adding to their worries. Answer their questions as clearly as you can and limit the amount of detail especially for younger children. Older children might want to talk about the issues between Ukraine and Russia that has led to the current situation.



**GIVE A REALITY CHECK AND  
NORMALISE THE SITUATION**

Explain that this is not a World War and there have been previous wars in neighbouring countries, which have not resulted in war in our country, explain that resolutions can be sought.

**BREAKING**

**LIVE**

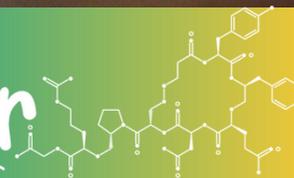
**NEWS**

**MINIMISE EXPOSURE**

Think about the messages children are exposed to daily;

- News
- Radio in the car
- Social Media

Can you reduce the amount of exposure they have?





### **ACT WITH KINDNESS**

Find ways to feel powerful rather than helpless, raise money, donate essentials. Kindness boosts our happy hormones, and acts as stress relief.

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- ★ LISTEN & ANSWER THEIR QUESTIONS
- ★ GIVE A REALITY CHECK
- ★ NORMALISE THE SITUATION
- ★ MINIMISE EXPOSURE
- ★ ACT WITH KINDNESS
- ★ KEEP COMMUNICATION OPEN



# TALKING TO KIDS ABOUT WAR

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We will update our social media with tips and resources to help, children, parents and teachers.

Kalmer Counselling offer one off struggle sessions for children who may need extra support.

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