

# Parenting in Challenging Times

## Tips for Parents

- Monitor your child's access to social media and the news
- Be proactive.. "You will hear about this and you are safe and this is not anyone's fault."
- Talk about how to react when this comes up at school, on the weekend or at home.
- Do not be an investigator.
- Be aware that your children hear all of your conversations.
- Be aware of a change in your child's behavior, appetite and sleep.
- Do not be afraid to talk about it. They know what is going on and need permission to ask questions.
- Saying we don't know is an acceptable answer. Followed by the reassurance that you will keep them safe.
- Maintain normal routines and expectations.