



Support

Talking to young children about terrorism

Terrorism is frightening to us all. Young children, however, may be the most upset by it.

Some of the symptoms that young children display may include:

- Changes or disruptions in sleep patterns
- New behaviors
- Worry or obsession over a negative event
- Fear of separation

One of the difficulties in dealing with the issue is that parents themselves may be having problems dealing with their reactions. They might not recognize the signs of stress and anxiety in their children.

This is especially true since children may not show any symptoms or their reactions may be delayed. Parents often assume that their children have not been affected and, therefore, don't discuss the situation.

It's important that children understand it's okay to tell their parents about their fears. Parents can help by asking their kids if they're sad, worried or have other feelings to share. Then they need to listen and be reassuring.

Quick tips

- Provide comfort.
- Reassure them they're safe.
- Keep things as normal as possible.
- Avoid underreacting by thinking they're too young to understand that tragedy has happened.
- Talk slowly and calmly with them about your feelings. Don't go into details that are frightening.
- Let them know the people who were hurt are being helped.
- Don't put ideas in their minds that would make them overreact.
- Ask them to share their feelings about what they would do to help people who got hurt.
- Don't let your children watch too much TV news about the event.
- Create an atmosphere at home of peace and safety — especially at bedtime.

Call us any day, anytime. We can provide support as you talk to your children about sensitive topics.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. There may be other explanations for any or all of the above behaviors/ characteristics/ symptoms. This information is not a complete list of all signs concerning such behaviors/ characteristics/ symptoms and should not be used as a stand-alone instrument. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.