

## Early Childhood Training & Consultation Program

### Resources for Talking to Children about War and Violence

#### Talking to children about the war in Ukraine:

- “How to Talk to Kids about War: An Age-By-Age Guide”: <https://www.today.com/parents/how-talk-children-about-war-age-age-guide-t171381>
- “Honesty, Reassurance: How to Talk to Kids about Ukraine”: <https://www.winknews.com/2022/03/07/honesty-reassurance-how-to-talk-to-kids-about-ukraine/>
- “How to Talk to Your Kids about Ukraine”: <https://www.verywellmind.com/how-to-talk-to-your-kids-about-ukraine-5220914>
- “A Child Psychologist Shares Advice on How to Talk to Children about the Russia-Ukraine War”: [https://www.youtube.com/watch?v=irY\\_grC8VpQ](https://www.youtube.com/watch?v=irY_grC8VpQ)



#### Tips for talking to children about violence and scary world-events:

- “Talking about Traumatic News Events”: <https://healthyfamilies.beyondblue.org.au/healthy-homes/loss-and-grief/talking-about-traumatic-news-events>
- “Talking to Children about Violence: Tips for Parents and Teachers”: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-parents-and-teachers>
- “Talking to Children about War and Violence”: <https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>

#### Mindfulness and meditation videos to help manage anxiety and stress:

- “Magic Treehouse: Meditation for Kids”: <https://www.youtube.com/watch?v=WholeqDJM6E>
- “The Butterfly Hug: A Grounding Technique”: <https://www.youtube.com/watch?v=iGGJrqscvtU>
- “Rainbow Relaxation: Mindfulness for Children”: <https://www.youtube.com/watch?v=IlbBI-BT9c4>
- “Meditation for Peace in Ukraine” (For teens/adults): <https://www.youtube.com/watch?v=Y9v6TgX0v8w>