Early Childhood Training & Consultation Program

Resources for Talking to Children about War and Violence

Talking to children about the war in Ukraine:


- “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/](https://www.winknews.com/2022/03/07/honesty-reassurance-how-to-talk-to-kids-about-ukraine/)


- “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:


Mindfulness and meditation videos to help manage anxiety and stress:

- “Magic Treehouse: Meditation for Kids”: [https://www.youtube.com/watch?v=WholeqDJM6E](https://www.youtube.com/watch?v=WholeqDJM6E)


- “Rainbow Relaxation: Mindfulness for Children”: [https://www.youtube.com/watch?v=IlbBI-BT9c4](https://www.youtube.com/watch?v=IlbBI-BT9c4)

- “Meditation for Peace in Ukraine” (For teens/adults): [https://www.youtube.com/watch?v=Y9v6TgX0v8w](https://www.youtube.com/watch?v=Y9v6TgX0v8w)