

# SPEAKING TO OUR CHILDREN ABOUT THE CURRENT SECURITY SITUATION



Events affecting Israel's security are escalating, a situation which may invoke fear and anxiety about one's personal safety.

As parents, we can help our children cope with the influx of information and reinstate their sense of security by helping them understand the complex reality, and maintaining their daily routines.

## HOW TO TALK TO OUR CHILDREN ABOUT CURRENT EVENTS

### MEDIATE

the information sensitively, in an age-appropriate and factual manner

### DESCRIBE

facts in a clear and organized manner

### MODERATE

their exposure to the media

## HOW CAN WE HELP OUR CHILDREN WHEN THEY ARE ANXIOUS?

### CALM

them by expressing confidence

### MAINTAIN

their daily routine

### ENCOURAGE

them to share their questions and thoughts

### GIVE

the children tasks and responsibilities



## OTHER TIPS...

**PAY ATTENTION**  
to your own reactions

Children's distress responses match those of their parents, and they are hypersensitive to messages they receive from adults (both verbal and non-verbal). When you as parents are calm and composed, your children will sense this.

**MEDIATE**  
information in an age-appropriate manner

Ask your children what they know about what happened, and how they feel about it. Explain the situation using simple words, and avoid going into details or offering excessive information.

**RESPOND**  
to their questions, and help organize the information they receive

Encourage them to ask questions and share their thoughts and feelings.

**LEGITIMATE and VALIDATE**  
their feelings

Don't tell them "There is nothing to worry about." Accept and understand their feelings, and say "It is sad and painful ." Hug them and express encouragement in a calm, secure parental voice.

**INSTILL**  
a sense of security

Provide them with messages such as: "We have a strong army and a strong police force who protect us, and we protect you."

**CREATE**  
a "protective" character with your younger children

Draw a picture with your children or create craft figures, representing something that calms them down – a fairy who makes you strong, or a superhero who protects us.

The resilience centers through the Mashabim Center operate a hotline providing focused emotional assistance remotely by phone to residents of the Western and Eastern Galilee and the Golan.

Call us at:

**04-7702651**

Every day of the week: 06:00-24:00