

In this ever-evolving, imperfect world filled with both beauty and challenges, our kids are growing up in a reality that often feels vastly different from the one we knew.

The internet, news outlets, and social media platforms bring a constant stream of information right into their lives, which can sometimes be overwhelming, even frightening.

It's during these times that our role as Caregivers becomes truly essential.

Amid mass shootings, natural disasters (like hurricanes and earthquakes), and political turmoil, it's only natural for our children to feel unease and fear. They might wonder why the world seems to be falling apart and question why it appears that God remains silent. How we respond to their feelings and concerns can be a defining moment.

Let's explore a few gentle ways to help our children process the world events they're exposed to:

GUIDING YOUR CHILD THROUGH LIFE'S TOUGH MOMENTS

1 Limit Graphic Exposure

Media tends to replay distressing events, bombarding young minds with intense visuals that leave lasting impressions.

2 Explain with Compassion

When your child seeks to understand more about a destructive event, approach their curiosity with patience and compassion.

3 Avoid Over-Explanation

While it's essential to address their questions, sometimes less explanation is better. Allow them to process information at their own pace.

4 Acknowledge Their Fears

Encourage open communication about negative events. Pose open-ended questions to engage them in discussions.



READ THIS ENTIRE POST ON OUR BLOG
SaddlebackParents.com



Text PARENTS
to 83000

Be a Beacon of Calm

Acknowledge their emotions, address their fears, and emphasize their safety.

6

Embrace the Joy of Play

For younger children, play can be a powerful outlet for their fears. Older children need moments of positivity during challenging times.

8

Become Change Agents

By engaging in small acts of kindness, your child learns that they can make a difference, especially in the face of adversity.

10

Learn and Grow Together

5

Empower your child to take charge of their feelings by exploring the topics together.

Maintain Stability

7

If your child appears shaken by current events, sticking to the routine provides stability.

Highlight the Positive

9

Shift the focus from the negative to the positive aspects of the event to foster hope and resilience within your child's heart.

Pray Together

11

Teach your child the value of compassion and empathy through prayer. Encourage them to pray for the world events they're aware of.

"The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; he rescues those whose spirits are crushed." Psalm 34:17-18

