



Times Like These



Pandemic... War... Climate change. These big world problems are here, they fill up our news feeds every day. Our children know. If they are not tuned into news snippets, then they watch the way their adults are coping with the suffering and uncertainty that goes along with these big problems. Our children try to make sense of these big things because that is what we all do. In times like these they need their adults' support.

Spend extra one to one time with your child/ren. You could go for walks, play basketball, or watch the sunset together. You might find your children open-up more doing these side-by-side activities.

Children need their feelings to be acknowledged and validated. Give them more hugs and hold them close. They need to know that it is ok to feel whatever they are feeling in relation to the big problems, and that they have an adult that can be with their hard feelings.

Children need to know that it is ok to ask questions and talk about big world problems. They need to feel listened to. Don't worry about not knowing 'the right things to say', speaking with an open heart and honesty shows your children you are doing your best.

Children need re-assurance that we will get through this. Wherever there are big problems there are always smart, kind helpers. Focus on the work of the helpers with your children.

Some ways adults can support their children who feel affected by big world problems.

Do more kind things in your family and neighbourhood. Show your children kindness exists in the world.

Some children may need specialist support to help them cope with the uncertainty and anxiety that accompanies these big world problems. Some children won't. It is strong to seek support if you need it.

Look for active ways to join with others to help out. Support your children to write letters to leaders, or make and share art about the problem, or donate time to provide assistance.

Giving children space to express themselves through play or art when it comes to big problems can be helpful. Play and art can help children show us how they are going and what they need in ways that don't always translate into talk.

