



Kids and the News

Pathfinder

December 2015

A lot of things that kids see in the news can be upsetting to them. Especially acts of violence, but storms or other tragic events can cause an outpouring of feelings. Hopefully this sheet will give you some tips on how to help your kids talk about their

Resources

Books

- Let's Talk About Being Afraid by Anna Kreiner, 1996
- Bear Feels Scared by Karma Wilson, 2008*
- What to Do When You're Scared and Worried: a Guide for Kids by James Crist, 2004
- Emergency! By Margaret Mayo, 2002
- Cloverleaf Books: Community helpers by various authors, 2013

Videos

- Sesame Street Video Library:
Help is on the Way and Big Feelings
www.sesamestreet.org/parents/topicsandactivities/toolkits/emergencies#
- Sesame Street You Can Ask*
Fear - www.sesamestreet.org/parents/topicsandactivities/toolkits/youcanask

Web pages for more support¹

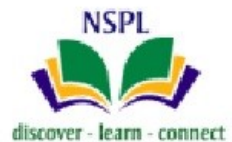
- Fred Rogers talks about tragic events in the news
www.fredrogers.org/parents/special-challenges/tragic-events.php
- PBS Parents: Talking with Kids about the news
<http://www.pbs.org/parents/talkingwithkids/news/talking.html>

¹These websites and a few more can be found on the library's parent page (<http://www.nspl.info/for-parents.html>)

Strategies

- Keep calm yourself - if you're calm your kids will feel better
- Keep the regular routine
- Limit TV especially for your kids
- Focus on the helpers - every emergency has someone helping, point those people out.
- Extra hugs - comfort and feeling secure are important for kids during stressful times
- Talk and ask questions - find out what your kids know and talk about it.

* Librarian's favorite



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401-767-2780 www.nspl.info