

## ***London Attack – Tips for Talking to Children***

### **Things to remember:**

- Talk to children using words they understand; give information to younger children a bit at a time
- Try and encourage children to ask questions
- Answer questions honestly and simply; talking about it won't make it worse
- Accept that some things can't be "made better"
- Show willingness to talk about difficult things and use this as an opportunity to reassure them
- If children are asking questions, it is a good thing – it shows they trust you and it is better than keeping questions and worries to themselves
- Remember that "super parents" or "super teachers" don't exist. Just do and say what you can
- Don't be afraid to show children how you are feeling

For more information go to <https://www.winstonswish.org.uk/responding-children-affected-media-coverage-incident-westminster/>

Freephone Helpline: 08088 020021