

Useful resources/links to help children and young people to understand the war on Ukraine and to address worries.

- Guidelines for school staff and parents on helping children and young people deal with fears and anxiety about war, conflict and frightening world events.

<https://www.octavopartnership.org/wp-content/uploads/2022/02/Helping-children-to-deal-with-fears-and-anxiety-about-conflict-war-and-frightening-world-events.pdf>

- [Russia & Ukraine story | Climbing the rainbow](#)
- Support to explain the difficult concepts associated with the conflict – news delivery designed for children and young people and provided by Newsround. <https://www.bbc.co.uk/newsround#more-stories-2>
- Advice for children and young people if they are upset by the news – provided by Newsround. <https://www.bbc.co.uk/newsround/13865002>
- [‘A delicate balance’: experts’ tips on dealing with Ukraine anxiety in children | Children | The Guardian](#)
- The government have also posted some guidance on the government’s Education Hub: [Help for teachers and families to talk to pupils about Russia’s invasion of Ukraine and how to help them avoid misinformation. - The Education Hub \(blog.gov.uk\)](#)
- Child Bereavement UK: Supporting a child after a frightening event. A short film sharing ways adults can support children who are worried about frightening events reported in the media.

See below for recently posted tips for talking with children.

- **Save the Children** share five tools that caregivers can use to approach the conversation with children:

1. Make time and listen when your child wants to talk: Give children the space to tell you what they know, how they feel and to ask you questions. They may have formed a completely different picture of the situation than you have. Take the time to listen to what they think, and what they have seen or heard.

2. Tailor the conversation to the child: Be mindful of the child's age as you approach the conversation with them. Young children may not understand what conflict or war means and require an age-appropriate explanation. Be careful not to over-explain the situation or go into too much detail as this can make children unnecessarily anxious. Younger children may be satisfied just by understanding that sometimes countries fight. Older children are more likely to understand what war means but may still benefit from talking with you about the situation. In fact, older children will often be more concerned by talk of war because they tend to understand the dangers better than younger children do.

3. Validate their feelings: It is important that children feel supported in the conversation. They should not feel judged or have their concerns dismissed. When children have the chance to have an open and honest conversation about things upsetting them, it can create a sense of relief and safety.

4. Reassure them that adults all over the world are working hard to resolve this: Remind children that this is not their problem to solve. They should not feel guilty about playing, seeing their friends, and doing the things that make them happy. Stay calm when you approach the conversation. Children often copy the sentiments of their caregivers – if you are uneasy about the situation, chances are your child will be uneasy as well.

5. Give them a practical way to help: Support children who want to help. Children who have the opportunity to help those affected by the conflict can feel like they are part of the solution. Children can create fundraisers, send letters to local decision-makers or create drawings calling for peace.

- **How to talk to children about Russia invading Ukraine in an honest but reassuring way:** article by Kasia Delgado, 'i' newspaper 25.02.22

- Be honest – be aware of misinformation
- Try to seem calm even if you don't feel it – be aware of overhearing
- Listen to children – acknowledge and validate feelings
- Don't bring it up if children seem uninterested – watch and wait
- Maintaining normality helps children to feel secure if the world seems chaotic.