



February 25, 2022

Dear Parents:

Once again the world is experiencing trauma in the invasion of Ukraine. I have been asked, “How should we be supporting our children through these latest developments?”

We need to be developmentally appropriate as naturally, we would not explain things to a five-year old in the same way we would with a high school student.

With our younger children, if they do hear what is happening, we need to be reassuring. The conflict is on the other side of the world and although it may lead to higher gas prices and other small sacrifices for us here in Colorado, hopefully there will be no other dangers to us. Keeping children, especially young ones, away from upsetting pictures and stories on television and in all forms of media is important. We also need to be mindful of not discussing upsetting world events within earshot of our children.

With older children, if they are interested, I think we can share our understanding of the conflict but more importantly listen to their perspective and allow them to share their feelings about it all. We always want to be the trusting adult to whom they turn and we do that by empathetic listening and helping them find accurate information.

However, if we have loved ones in the military, then the questions may become more personal and frightening for them. We want them to feel they can share their thoughts and feelings with us and help them with the facts. So far, no American military personnel are being sent into Ukraine. Children may not be aware of that and hopefully it would be reassuring.

Keeping the lines of communication open with children while shielding them from stories, videos and photos that can be traumatizing are the most important things we can do.

Let’s all pray for a quick resolution to the conflict and no further loss of life.

Please take care,

Chris

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Additional Resources:

[The National Child Traumatic Stress Network](#)
[The National Center for School Crisis and Bereavement](#)