Responding to Children in Troubling Times
LISTEN TO CHILDREN

ASK YOURSELF:
Do I listen to respond or do I listen to understand?
“Children Are Resilient, But...”

Yes, there is a resilience in the young, but do not mistake that for believing that children can heal themselves.
Helping Children Process

**Pray** with children for the victims.

**Discuss** openly with children what your family and congregation are doing to help those who have been hurt and are still hurting.

**Limit** exposure to continuing news stories and hold adult conversations only when children are not present.
Helping Children Process

**Reassure** children as you listen to their fears.

**Share** your own feelings with your children.

**Contact** organizations in your area that address the needs of children.

**Provide** structure through routine and activity.
Helping Children Process

**Make** objects that encourage play reenactment of the images children observe during and after a traumatic experience.  

**Encourage** children to draw or write whatever comes to their minds, or give them a question or topic to draw about.  

**Develop** a family emergency plan. Role-play some possible situations.
Ongoing communication is helpful for validating children's feelings about the images they see or the conversations they hear about traumatic events.

Do good. Doing good for others helps children overcome the sense of powerlessness.
Helping Children Process

Resources

umcdiscipleship.org/children
UMCMinistryWithChildren.com/in-times-of-crisis
http://www.leanne-hadley.com/