



How to speak to your
child about the current
situation in Ukraine

Please use the links below

- Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet)
<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>
- We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)
<https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>
- How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro)
<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>
- Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation (Department for Education)
<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>
- **Information produced previously about war and international violence**
- How and when to talk to children about war, according to a parenting expert (Independent)
<https://www.independent.co.uk/life-style/children-war-talk-russia-ukraine-b2023695.html>
- How to cope with traumatic news - an illustrated guide (ABC News, Australia)
<https://www.abc.net.au/news/2014-12-23/illustrated-guide-cope-traumatic-news/5985104>
- Talking with Children About War and Violence in the World (Family Education, US)
<https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>
- Tips for parents and caregivers on media coverage of traumatic events (The National Child Traumatic Stress Network, US)
<https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events>