



WESTHAMPTON FAMILY PSYCHOLOGISTS, P.C.

Resources for Talking to Your Kids About School Shootings

The following list contains tips and resources compiled by the clinical providers at WFP to help you and your family discuss school shootings in light of the recent shooting at Robb Elementary School in Texas. Please note that these resources are offered by Westhampton Family Psychologists, P.C. as a courtesy to our patient families, and the links provided here do not constitute an endorsement by WFP of the platforms on which resources are found or of any further reading sources that may be recommended at the end of these sites.

We hope that the resources provided below will help parents identify action steps and execute meaningful, helpful, and healing discussions with their child(ren) regarding school shootings and tragic events in the news.

Helping Families Cope with Tragedy and Violence

- [Restoring the Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#) (Center for the Study of Traumatic Stress) – This resource answers important questions that parents may be asking themselves in the wake of school shootings, and it highlights important posttraumatic responses to watch for in children.
- [Talking to Children About the Shooting](#) (The National Child Traumatic Stress Network) – This resource guides parents in starting the difficult conversation with their children about shootings and gives helpful tips on providing accurate and age-appropriate responses to your kids' questions and supporting them through this stressful time.
- [How to Talk to Kids About School Shootings](#) (Child Mind Institute) – This article provides helpful strategies for both parents and children who are dealing with anxiety following school shootings.
- [Tips for Talking With and Helping Children and Youth Cope After a Disaster of Traumatic Event](#) (Substance Abuse and Mental Health Services Administration) – SAMHSA provides a fact sheet outlining common reactions of children to trauma and disaster and how to respond to children based on their age group.
- [Talking to Children about Tragedies](#) (American Academy of Pediatrics) – This resource highlights the importance of talking honestly, but in an age-appropriate manner, with children following

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traumatic events. It also provides information about how to have difficult conversations with children who may have developmental delays, disabilities, or autism spectrum disorder. Lastly, the article includes a list of signs that could indicate your child may not be coping well with current events.

- [Promoting Compassion and Acceptance in Crisis](#) (National Association of School Psychologists) – NASP helps caregivers recognize the importance of modeling compassion and acceptance to children and teens following traumatic events such as shootings. This resource clearly defines important messages we should be relaying to children and teens during times of crisis.
- [Helping your Child Manage Stress in the Aftermath of a Shooting](#) (American Psychological Association) – The APA provides helpful tips about talking to your kids about school shootings and helping to make home feel like a safe space.
- [Managing your Distress in the Aftermath of a Shooting](#) (American Psychological Association) – In this article, the APA provides guidance on self-care and emotional healing amidst all of the complex feelings that can occur following a shooting event.
- [Helping Children Cope with Terrorism - Tips for Families and Educators](#) (National Association of School Psychologists) – NASP provides a list of ways that caregivers can support children and teens following tragic events.
- [Learning from Parkland: How to Respond to, Prepare for, and Prevent Active Shootings](#) (NAIS Video) – This short video features advice from Chis Joffe, the founder and CEO of Joffe Emergency Services, as Lorena Sanabria, Parkland school shooting survivor and activist.

Navigating the News with Children

- [Children and the News](#) (American Academy of Child & Adolescent Psychiatry) – This resource discusses how news reporting has changed over the years in ways that make it more likely for children to experience negative effects of media coverage, and it provides guidelines for minimizing those negative effects for children.
- [Explaining the News to Our Kids](#) (Common Sense Media) – This article provides age-based tips on addressing tragic events in the news to children and teens.
- [Helping Children Cope with Frightening News](#) (Child Mind Institute) – The author of this article advises parents on how to discuss tragic and scary news headlines with children and how to help them process the fear and anxiety that results from exposure to the media and tragedy.
- [Helping Children with Tragic Events in the News](#) (PBS Kids for Parents) – This resource provides advice on talking to your kids about the news headlines and navigating difficult conversations even when you are scared as a parent.

- [How to Talk to Children About Difficult News](#) (American Psychological Association) – The APA provides advice about the importance of having healthy conversations with children about difficult events in the news.
- Resources For Purchase:
 - [What to Do When the News Scares You: A Kid's Guide to Understanding Current Events](#) – This is a link to an Amazon product, a book for purchase from the *What-to-Do Guides for Kids* series.
 - [Something Bad Happened: A Kid's Guide to Coping With Events in the News](#) – This is another link to Amazon where you can purchase a copy of this book for kids.

Additional Resources:

- <https://www.apa.org/topics/gun-violence-crime/mass-shooting-resources> - This is a link to the American Psychological Association's resources for coping with mass shootings and understanding gun violence, which includes several of the articles we've linked below and more.
- [Helping Students After a School Shooting](#) (American School Counselor Association) – The ASCA provides a concise statement on how to best support students after a school shooting, and there are links to a plethora of additional resources here.