

During Times of Tragedy

0 – 5

Questions to Ask

Parents and caregivers: your presence, your listening ear, and your ongoing support are what will help children navigate their fear and begin to heal.

Preschool Age Children (Under 5 years old)

(Simple, concrete, focused on feelings and reassurance)

- + "Did anything today make you feel scared or worried?"
- + "Can you show me with your face how you are feeling right now?"
- + "Do you want a hug or some quiet time together?"
- + "Is there anything that would help you feel safe right now?"
- + "Would you like to play or draw about how you're feeling?"

Key Reminder: With all ages, the goal isn't to "fix" their feelings right away. It's to listen patiently, validate their emotions, and remind them they are not alone.

Responses to Give

Responses and statement that parents, caregivers, and youth workers can use in conversation with children.

Preschool Age Children (Under 5 years old)

(Keep it simple, concrete, and reassuring. Focus on safety and feelings.)

- + "You are safe here with me."
- + "It's okay to feel scared. I'm here to help you."
- + "The helpers: like teachers, police, and doctors are working to keep everyone safe."
- + "Would you like a hug or for me to sit with you?"
- + "We can draw or play together if you're feeling worried."

Key Reminder: The goal is not to remove fear immediately. It's to help children feel heard, cared for, and reminded they are not alone. The tone should be calm, patient, and consistent.