

Supporting Children With World Events

Did you know?

Children often hear about world events before we realise—through social media, gaming chat, or conversations at school. Even if they don't say much, many are quietly trying to make sense of things that feel big, unfair, or frightening. What helps most is knowing the adults around them are calm, open, and steady. This is also a chance to help children grow the character strengths that matter most—like courage, compassion, and curiosity. These inner resources won't stop difficult things from happening, but they can help children feel less helpless and more hopeful.

.....> So what can we try?

1 Keep the door open for conversation



We don't have to bring up every news story—but if something's clearly on your child's mind, you can raise it gently. Being curious about what they already know helps reduce fear. And being honest—without giving too much detail—can make things feel less overwhelming. Ask, "What have you heard about it so far?" Then listen without rushing to explain. That simple curiosity shows them it's OK to have questions, and that it's safe to ask.

2 Offer ways to process feelings

Not every child wants to talk. Some express feelings through play, movement, art, or a bit of unexpected behaviour. That doesn't mean something is wrong—it just means they're finding their own way to manage big feelings. Offer quiet time with drawing, LEGO, walking, or even baking. Being alongside them—without needing words—often helps feelings settle or surface naturally.

3 Focus on what they can do

When big things happen in the world, children can feel out of control. Helping in even tiny ways can remind them that they can still make a difference. Acts of kindness and fairness build their inner sense of strength and agency. Ask, "Is there something kind we could do this week—for someone at school, in our street, or in our family?" Helping someone else—even with something small—can make a big emotional shift.