



Handling children's reactions to military conflict

Children may react to military action in different ways. Some children may become quiet. Others can become angry and feisty. Preschool children may think of it as something big and scary, like witches and monsters, while school age children can understand more about what is going on.

Use the checklist below as a guide to help your children feel safe and secure.

AS A PARENT OR CAREGIVER, I:

- Try to stay calm in front of my children, even when I am scared or worried.
- Try to keep things as normal as possible so that my children will feel safe.
- Tell them that the military event is real, not make believe.
- Tell them that it is okay to be scared or worried.
- Help them find ways to talk about their feelings.
- Let them know that their absent parent will do everything possible to stay safe.
- Keep my children close to me so they feel safe.
- Know that my children and I may need help from professionals.

AS A FAMILY, WE TALK ABOUT:

- How the homes and schools where we live are safe and not likely to be harmed.
- How the people in charge are doing good jobs and that there are people who can protect and care for us in dangerous times.
- How we are still a family even if a parent is away from home.
- Ways we can lend help to others (prayers, hopeful thoughts, etc.).



IMAGINE STEPPING INTO
YOUR CHILD'S WORLD
AND SEEING THINGS
FROM HIS OR HER POINT
OF VIEW.

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