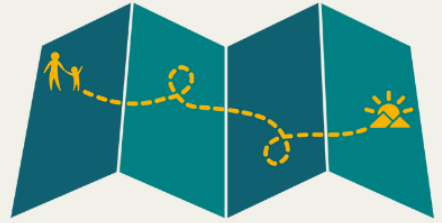


TALKING TO CHILDREN ABOUT TRAUMATIC EVENTS

WITH DR. SANDRA RAFMAN



Roadmap to Resilience:
Supporting Children Experiencing Stress and Trauma

When the adults in children's lives are dealing with trauma, they sometimes ask questions that you may not have the answers to.

Guest expert and psychologist, Dr. Sandra Rafman, shares some ways you can talk to kids about difficult topics, such as the pandemic or other traumatic events.

IT'S OKAY TO SAY, "I DON'T KNOW".

It's important to be honest with kids, rather than coming up with answers that may not reflect the reality of what's going on. If answers may come in the future, explain to them that, though you don't know now, you may later on.



IT'S OKAY TO ADMIT THAT NOT EVERYTHING HAS A SOLUTION.

We can't always predict things, and some things just don't make sense. Children are extremely curious and may continuously seek information, so it's important to explain to them when certain situations don't have a simple explanation.

THERE IS NO ONE SIZE FITS ALL FOR EVERY CHILD.

Be aware that different kids need different answers. Certain explanations that make sense to some kids, may not for others.



DR. SANDRA RAFMAN



Listen to the episode "Understanding the Impact of Global and Collective Traumas" to learn more.

