

# How to explain scary news to kids



[akronchildrens.org](http://akronchildrens.org)

- 1.** Too much information can be harmful or overwhelming. Consider limiting media exposure.
- 2.** Don't shy away from sensitive conversations. It may cause additional anxiety.
- 3.** Provide kids with an activity that will distract them and help them feel like they have some control of their environment.
- 4.** Ask kids what they know, so you understand what information needs clarified.
- 5.** Listen and validate their feelings.