

Talking to Your Children About Difficult Topics

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Living during this Covid-19 pandemic is unlike anything you've probably experienced. This is an unusual time for your children too. So how do you talk to your kids about difficult topics?

Remember, your kids pick up on your emotions and they will fill in the gaps where you don't---so you need to communicate, it's better to talk to your children about what is going on rather than them interpreting it on their own.

You know your children best. You know what makes them happy and what their fears are. Trust your instincts with your kids.....At heart, you'll know the best time to talk to them and the best way to talk to them. But be up front about your emotions and theirs. Talk to them in a simple clear way that they can understand.

When the world seems to be spinning out of control, how are your children going to continue to process all this new information and their emotions. Reassure your children that they are safe. Explain to them that it is alright if they sometimes feel upset.

You can share with them ways that you use to cope with stress so they can learn from your example. Explain to your children that they shouldn't dwell on grief and they should know they're not in this alone. Explain to them that it is not a permanent situation. Remind your children that they are not alone and that laughter is a great stress reliever.

A good way for them to cope may be creative endeavors
Do an art project with them.

Catch up with a family member or friend even over zoom--. this sense of connection will strengthen their bonds with community and with others.

And don't forget physical wellness too. The power of Yoga, Exercise and dance for keeping your body and mind in good shape should never be underestimated.

And remember, It's also important for you to make some time for self care. Get the right amount of sleep, eat right, and exercise.

It's easier to take care of yourself, if you stay organized and remember, it's not the end of the world if you don't get to everything on your to-do list.