

# Helping Children Cope with Political Unrest



THE Jellybean  
FOUNDATION

- **Reassure your children that they are safe with you. Spend a little extra time with them so they really do feel safe.**



- **Listen to their concerns and try to identify a cause for any disruptive behaviour on their part. Seek professional help if needed.**

- **Give your kids a break!**

**Let them have a little extra play time or a fun treat to help them cope with any anxiety they may have.**





**Sending out love to all our families out there.**

**We hope you are all safe and keep sharing smiles amidst these uncertain times.**

- **Consider watching news in private on your laptop or phone to reduce the chance of your children seeing violent images or hearing sounds of violence.**



- **Your children will soak up how you feel so speak to them calmly and use words they will understand.**
- **Teach them about why violence is never the answer and discuss the importance of balance in powers.**

- **As a family discuss ways you can help others and have your children follow through with things they would like to do such as sharing some food with**

**another family.**



- **Share uplifting stories with them of kindness and bravery.  
There's always room for hope!**



- **Take time to process the events of the last few days and take stock of your own emotions. Discuss your feelings with other adults in private spaces.**

**Remember you need to put your oxygen mask on first!**