

Do:

—Watch for behaviors and emotions and encourage them to talk. “I noticed behavior or emotion and I’m wondering how you are doing. Tell me what’s going on.”

— Listen to your child nonjudgementally and with empathy. Validate and name your child’s emotions. “You were so scared.” “You were feeling guilty like maybe there was something you should have done differently. “ Naming our emotions helps us to tame them.

— Team up with your to make sure they are taking good care of their mental health. Ask them what they need (someone to listen, healthy food, exercise, good sleep, and sticking to their usual routines). Kids often know what they need and those who can voice their needs are resilient.

—Reassure them that you are going to do everything you can to keep them safe. Perhaps, encourage age-appropriate action to improve safety in their community. Kids who are part of the solution are resilient.

—Encourage them to engage in faith practices that help a community get through grief. (E.g., Go to adoration and tell God how you are feeling. Serve at a mass for healing as an altar server, usher, musician, reader, etc. Kids who engage in cultural and faith practices after a difficult community are resilient.