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Talking to kids about Immigration Enforcement

Kids may hear about U.S. Immigration and Customs Enforcement (ICE) through school, media, or overheard conversations. Even without details, this can bring up fear and confusion. What helps most is calm, caring support from a trusted grown-up.

What fear can look like

- Lots of questions
- Clinginess or withdrawal
- Trouble sleeping or tummy aches
- Acting out

What you can do

- Listen first
- Keep it simple and honest
- Name feelings
- Correct rumors
- Stick to routines
- Make a simple family plan:
- Identify trusted grown-ups, safe places, who to call

What to say when emotions run high

When kids ask scary questions, like if they get deported

Instead of:

"Don't worry about that."



Say:

"That's an important question. Tell me what you've heard."

When kids imagine worst-case, like losing a parent

Instead of:

"That won't happen."



Say:

"Those 'what ifs' are your brain trying to protect you. We're safe now, we have a plan."

When kids repeat rumors

Instead of:

"That's not true."



Say:

"I'm glad you told me. Let's figure out if that's real."

You're not alone.

BrightLife Kids offers free behavioral health coaching and tools for families with kids ages 0–12.

We support families facing tough challenges in many languages, **including Spanish**.

No immigration status is ever checked, and your information is private and never shared with the state.

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