

# Supporting children during uncertain times

## A guide for families worried about global conflicts

When big world events happen, children often hear things that feel confusing or scary. They may also be worried about loved ones. The thing kids need right now is a calm adult to help them make sense of what they're feeling.



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### 1 Start by checking in

Let your child lead the conversation. To get things started, you might say: "You may have heard people talking about Iran lately. What have you heard?"

### 2 Name and validate feelings

Avoid dismissing feelings ("Don't worry about it"). Children feel calmer when their emotions are noticed and accepted.

### 3 Answer honestly, but keep it simple

Children don't need every detail. Offer truthful, age-appropriate explanations, like: "There is a conflict happening between groups of people. Sometimes adults disagree in ways that become very serious and it can affect others."

### 4 Show them how you stay calm

Children learn how to manage stress by watching adults. You might say: "When I feel worried, it helps me to say it out loud or tell someone I trust. Then I take a few slow breaths to help my body calm down."

### 5 Teach a simple way to handle big emotions: the RAIN technique

#### **R — Recognize**

Notice the feeling. "Your body might feel tight or your heart might feel heavy."

#### **A — Allow**

Let the feeling be there. "It's okay to feel worried or sad."

#### **I — Investigate**

Get curious without judging. "What do you think is making that feeling bigger?"

#### **N — Nurture**

Offer care and calming support. Take a deep breath, give a hug, draw, or talk

## You're not alone.

BrightLife Kids offers free behavioral health coaching and tools for families with kids ages 0–12. We support families facing challenges like anxiety, fear, and grief and offer our services in multiple languages, including Farsi. **No immigration status is ever checked**, and your information is private and never shared with the state.

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