

Guidance for Parents and Carers:

Talking to Children and Young People about War, Conflict & Remembrance



At this time of year, the topic of war, conflict and Remembrance is very likely to be brought up. Your children will be hearing about it in school and seeing items on the news. Perhaps they are starting to have questions. Some of you have sadly experienced the death of a loved one due to conflict and so these conversations may happen more frequently. Scotty's have produced this guidance to support you in being able to talk to your children around this topic.

LOOK!

Look together at responsible, age-appropriate sources.

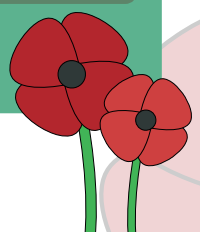
- Newsround explains issues in the news in a clear and easy to understand way. They also have a great page on Remembrance.
- A book recommended for 6–12 year olds – *Something bad happened: A kid's guide to coping with events in the news* by Dawn Huebner. This guides children and their adult through tough conversations about serious world events while teaching coping skills.
- A two-minute animation, produced by the BBC, sees war as experienced by animals and may be helpful for younger children. Search – Cbeebies 'Poppies' Animation.
- Scotty's has created two short animations titled 'We will always miss them' which focus on supporting bereaved Forces children and young people. One is aimed at children and young people directly, so they do not feel alone in their grief, and the other is specifically for adults supporting a bereaved Forces child.



For Children and Young People



For Supporting Adults



LISTEN!

A good starting point is to try and understand what your child already knows and to find out how they are feeling. Some children might know a little about what is happening but not be interested in talking about it, whereas others might be worrying.

REASSURE!

Let your child know you are there if they want to talk. Continue to check in with your child to see how they're doing. How are they feeling? Do they have any new questions or things they would like to talk about with you?

BE HONEST!

Children have a right to know what's going on in the world. Use age-appropriate language, speak to them calmly and reassure them that they are safe from any danger. Remind them that many people are working hard around the world to stop conflict. Remember it's okay if you don't have all the answers!

SHARE!

Having open conversations with children and young people about how they're feeling, and sharing how you feel too, is one of the best ways you can support them. If you have a school-aged child, you will find some specific resources in this pack which we encourage you to share with your child's school to remind their teacher that Remembrance can be a difficult time for them.

DISCUSS!

Discuss as a family about your plans for Remembrance. Take your child's lead. If they aren't keen on attending an event maybe there are other ways to remember instead?

We are here for you!

Don't forget Scotty's is here to offer support should you need it. See the Remembrance programme for the additional support happening during November.

