

## **GGDFlits Talking to your child about war**

There is no way around it: Russia and Ukraine are at war.

Chances are that your child hears about this in class, on television or on social media. Therefore, it is possible that your child has questions about this. Maybe your child is worried or does not understand what is going on.

It is good to talk about this, but how do you do it? The most important thing is: ask questions and listen to your child. Below are six tips that can help you with this conversation.

[The following tips can be found on the website of the Dutch Youth Institute.](#) (click on the link and use the translation tool by selecting the text and click on “vertalen”/ translate) After clicking you see more information about the tips.

Tip 1. Ask questions (such as what did you see and what did you hear?)

Tip 2. Be honest

Tip 3. Keep your answer short

Tip 4. Keep talking about it

Tip 5. Watch your child's behaviour

Tip 6. Pay attention to what you are saying

## **Do you want to read more?**

[World news | Information about primary school children | Opvoeden.nl](#) (in Dutch)

## **Are you worried about your child?**

It is always possible to make an appointment with the youth physician or youth nurse attached to your child's school. They can think along, examine, advise and, if necessary, refer your child. You can make an appointment on working days from 8.30 - 12.30 and 13.00 - 17.00 via 023 7891777 or [frontofficejgz@vrk.nl](mailto:frontofficejgz@vrk.nl).

