

# HOW TO ANSWER HARD QUESTIONS ABOUT THE PANDEMIC

CHILDREN WANT ANSWERS: YOU MAY FEEL AN OBLIGATION TO PROVIDE THEM.



**BE INFORMATION ORIENTED**

"This is what we know"

**BE OPINION ORIENTED**

"This is what people seem to think"



**BE AUTHENTIC**

"I don't know"

**BE A CO-HUMAN**

"I felt that way too"



**BE AN ADULT**

Some questions don't have answers.

## REMEMBER

This is not a time to "make it better" for children. It is not helpful to say "its just the way it is" or "you will understand when you're older".

**It is a time to strengthen their resilience. Your "not knowingness" is a valuable gift.**

**"I DON'T KNOW" IS AN OK PLACE TO BE!**