



IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD AND  
SEEING THINGS FROM HIS  
OR HER POINT OF VIEW.

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# Media exposure while a parent is away

During times of military conflict, news reports and images may be confusing or frightening to children. What can you do to help make this difficult time easier for your child? Here are a few ideas for helping your children cope while a parent is away.

Limit television watching.

- Be aware of what your children see and hear on TV and radio.
- Watch TV with your children and talk with them about what they see.
- Help children sort out what they hear and see. Let them know it is okay to talk about these issues with you.
- Limit television watching just before bedtime.
- Remind your children that news reports often stress the most negative aspects of a military situation.

Realize that young children don't understand military conflicts the same way as adults.

- Find out what you can about what your children know and talk to them about their feelings.
- Answer their questions honestly, using words they can understand.
- Don't try to give your children *all* the information.
- Follow your children's lead. Answer questions as they are asked and watch how they respond before deciding what to say next.

Know what to do when your children are scared about something they see or hear.

- When children see or hear something scary or disturbing, they may start to worry about their own safety.
- Reassure your children that their family and home are safe.
- Offer your children comfort by touching and holding them, especially children who have nightmares or trouble sleeping.
- Encourage your children to work out what they see or hear through play, drawing, and other activities.
- Remind them about all the adults (friends, teachers, child care providers, other relatives) who are there to help keep them safe