

Media exposure  
What children see  
and hear in the news  
media can be confusing  
and frightening.  
*Step into Your Child's  
World* with these  
ways on how to help  
children cope with  
the news reports,  
especially during  
times of military conflict.



**Monitor what children  
see and hear**

- Watch TV with your children and talk about what they see and hear.
- Move the TV into a room that is used less often.
- Be selective in what TV programs your child watches just before bedtime.
- Avoid keeping news reports on all day. News reports rarely tell the whole story and tend to stress the sensational details.

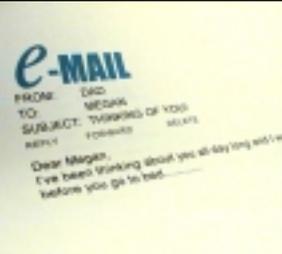
**Talk about it**

- Find out what your child knows about the news story.
- Help them sort out what they've seen and heard.
- Answer their questions honestly and in words they can understand.
- Help young children understand the difference between reality and make believe.

**Calm children's fears about their  
own safety.**

- Offer comfort by touching and holding your child.
- Reassure young children that their home and family are safe.
- Try to remain calm. Your children can pick up on your anxieties.
- Guide children as to what they can do when they feel afraid. Remind them who can help.

# Deployment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Watch news reports with your children and discuss what you see and hear.					Plan a "TV-free" day or weekend as a family.	
			Assure your children that they are safe.			
		Talk with your children about feelings, fears, etc. — and listen!				
				Take time for hugs — often!		

Write the name of the month here

Write the dates in these boxes