



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

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)



# Discussing danger while a parent is away

During times of military conflict, children may fear that a parent is in danger. 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.

Share information with your children.

- Explain where the parent is and the special job that he or she is doing for our country, if possible.

- Answer questions openly and honestly, using words your children can understand.

Encourage your children to share with you.

- Let your children know it is okay to share whatever fears they have about danger.

- Encourage them to express their feelings about danger through talk, play, drawings, etc.

Help your children during this time.

- Help your children sort out what they hear and see in news reports.

- Let them know it is okay to ask questions.

- Find out what your children know and understand and talk with them about their feelings.

- Follow your child's lead. Give small pieces of information at a time and see how the child responds before deciding what to say next.

Help your children feel more at ease.

- Let your children know that other children share similar feelings about their parents' dangerous work.

- Assure them that they are cared for and safe while the parent is away.

- Tell them that the parent who is away is doing everything he or she can to stay safe.

- Offer your children comfort by touching and holding them, especially if they have trouble sleeping.

- Keep them as close as possible to a parent or caregiver during times of danger so that they feel safe.

## Helping Children Understand Their Fears

CHILDREN NEED THESE THINGS FROM PARENTS AND CAREGIVERS WHEN THEY HAVE FEARS:

### Support

"YOU HAVE FEARS AND IT IS OKAY THAT YOU HAVE THEM."

### Comfort

"I CAN UNDERSTAND WHY YOU ARE FEARFUL AND UPSET."

### Room to feel

"MAYBE YOU NEED A FEW MINUTES TO CRY AND THEN WE CAN TALK ABOUT YOUR FEAR."

### TALK:

"LET'S TALK ABOUT WHAT MADE YOU CRY."

### Chance to learn:

"MAYBE WE CAN THINK OF WAYS TO HELP YOU BE LESS FEARFUL NEXT TIME."