

- Do your best to remain calm and in control of your emotions and actions. Children and youth are counting on adults to guide and help them with their reactions.

Suggestions for Sharing Age Appropriate Information with Children and Youth

- Check in advance. Where developmentally appropriate, it is ok to ask children and youth what t events. dia can be

overwhelming, particularly for students that may be prone to worrying.

- Intermediate aged students
- Maintain a normal routine whenever possible. Predictability is comforting for children, and helps them to feel more secure.
- Pay special attention to children that may have suffered from trauma or loss previously, or who may struggle with anxiety or mood-related symptoms. Remember that some children may not express their concerns or worry verbally. Monitor the behaviour of children and youth for signs of distress – this may include difficulties sleeping, or a change in mood, behaviour, or appetite.
- If you are concerned about your child or youth, please reach out to their teacher or school Administrator to explore additional supportsd