



**Elementary**

# CRISIS

## PARENT CONVERSATION GUIDE

... for great conversations with kids

When a kid experiences crisis, they tend to have more questions than answers. What they're going through might sound minor to you, or be really scary to both of you. Either way, be sensitive to any changes you see in your child, and be careful to respond by offering grace and support along the way.

During this phase, your child is building a worldview, so when dealing with a crisis, remember to reiterate what is true. Be honest when you don't have the answers, assure them you're there and they are loved by you—and remind them that God is there, too.

**Validate their feelings.** When you interact with your child, there are some things that you can say and do to help them feel validated and secure. Here are a few:

- "Some things are changing, and that can be tough. But there are some things that will never change. I love you. God loves you. And we can trust God no matter what."
- "This is what I'm feeling right now, how are you doing?"
- "Can you put words to what you are thinking or feeling? Even if it doesn't all make sense, talking about it can help."
- "Do you have any questions for me?"
- "This doesn't make sense to me either. I can understand how this is confusing for you."
- "I am here whenever you need me."
- "Sometimes, scary things happen in our world, but I want you to know that God is always with you. And you can talk to Him anytime."

**Make sure to involve professionals, counselors (as needed), as well as your ministry leader.**