

Talking to Children About What is Going On

Gently Tell the Truth

Avoid saying: "Don't worry about it."

Instead, say: "There are some people who don't think families like ours belong here. That's not okay. Many people are working to protect us, and we have a plan to keep you safe."

Make a Safety Family Plan

Involve your child in creating a plan. If they know what to do in case of separation, it can help them feel in control. Make it a calm, empowering conversation, like a fire drill for emotions.

Reassure Without False Promises

Avoid saying: "Nothing bad will happen."

It's okay to say: "I don't know everything but I'm here for you."

Children need grounded reassurance not fantasy.

Validate Their Feelings

Avoid saying: "Don't be scared."

Instead, say, "I understand why that scares you. I feel that way sometimes too."

Use Art, Play and Movement

Children often process fear through their bodies. Let them draw. Let them play. Dance it out. Safe expression helps their nervous system release what words can't.

You do not need to have all the answers, just your presence and truth will be a source of comfort. Children are watching how we respond, let's show them that even in fear, we can be gentle honest and strong.