



## FROM THE COUNSELLING OFFICE

### Supports for Parents Following the Recent Violence in Saskatchewan

The following advice may be helpful as you have conversations with your child:

#### **Listen to your child**

It's important to listen to your child's concerns. Create an environment that allows your child to express feelings and ask questions.

#### **Reassure your child**

Reinforce the caring and supportive relationships we share with one another. Remind your child that there are protocols in place to help us all be safe at school (e.g., fire drills, etc.) and many people who help keep us safe (e.g., teachers, police, firefighters, doctors, etc.). Some children may feel comforted by a regular routine and may not wish to discuss the events.

#### **Allow your child to express emotions**

Children may wish to talk about the incident and/or draw, write cards, or express their emotions.

#### **Respond to media reports**

Consider limiting exposure to media reports, particularly for young children. With older children, take the opportunity to watch some media reports together, discuss what you see and hear and answer any questions your child might have.

#### **Seek support**

If you feel that your child would benefit from more support, please contact your student's teacher or Principal Doug Njaa, and arrangements will be made for your child to meet with the school counselor.

#### **Online support**

- Anxiety Canada is a registered charity that offers access to free online self-help and evidence-based tools to help manage anxiety in children, youth, and adults. <https://www.anxietycanada.com/>