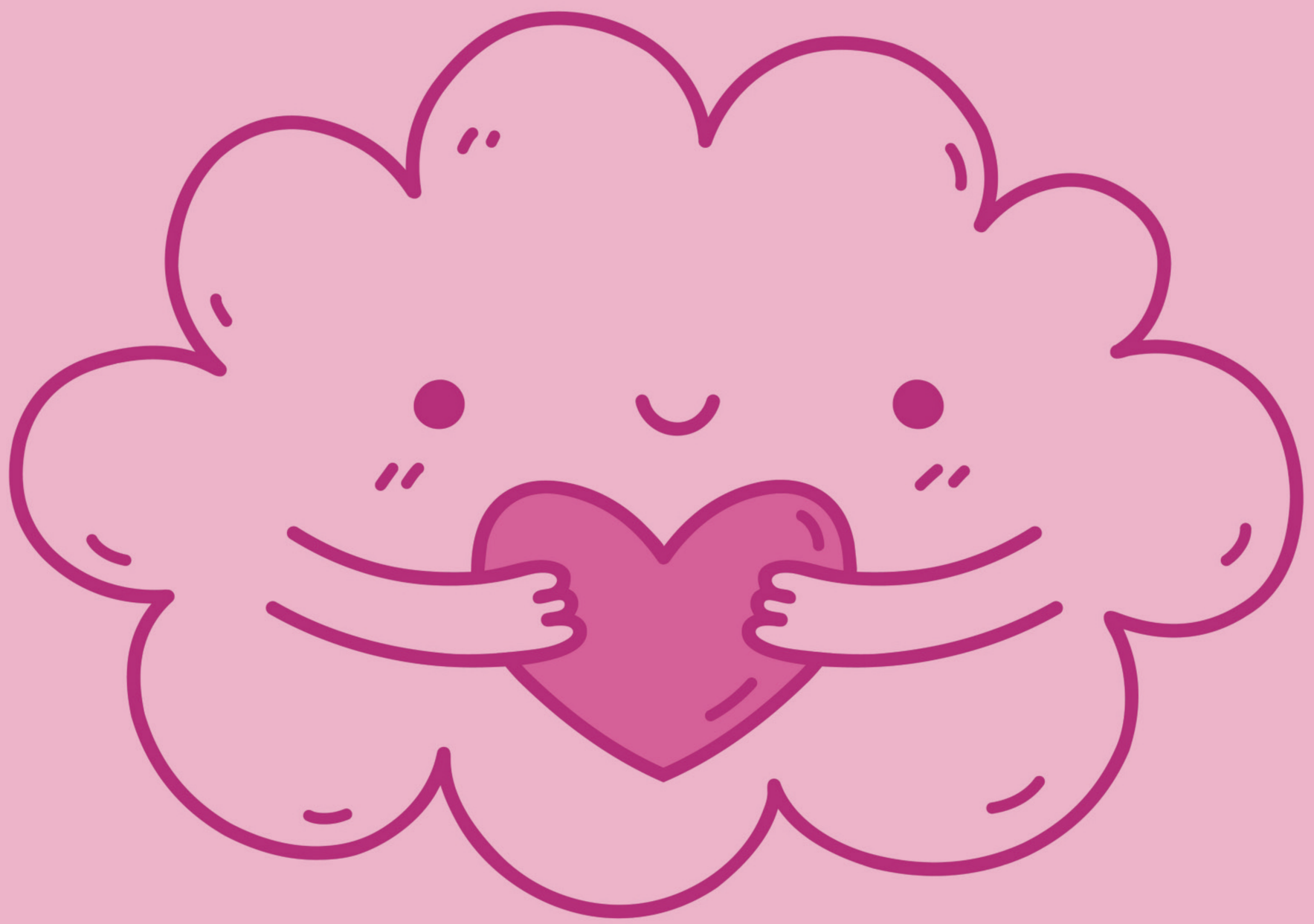
HOW TO COMFORT YOUR SCARED CHILD



A SIMPLE GUIDE FOR PARENTS ON WHAT TO SAY & WHAT NOT TO SAY.

SAVE THIS. SHARE IT WITH A PARENT.

THE chocolate BAR

KIDS DON'T NEED PERFECT ANSWERS.
THEY NEED YOUR CALM, SIMPLE TRUTH.
YOUR GOAL IS TO HELP THEIR BODY
FEEL SAFE AGAIN.

THE chocolate BAR

Start With Feelings

DON'T SAY:
STOP BEING SCARED. YOU'RE FINE.

SAY:
I KNOW THIS IS SCARY.
YOUR FEELINGS ARE VALID.
I'M HERE WITH YOU.

THE chocolate BAR

Don't Promise Certainty

DON'T SAY:
NOTHING WILL HAPPEN. IT'S NOTHING.

SAY:
I CAN'T PROMISE
EXACTLY WHAT WILL HAPPEN.
BUT I CAN PROMISE THAT
WE'LL STAY TOGETHER AND
FOLLOW SAFETY STEPS.

THE chocolate BAR

Give Them One Clear Action

DON'T SAY:
RELAX (WITH NO GUIDANCE).

SAY:
LET'S BREATHE SLOWLY TOGETHER.
IN...3...2
OUT...4...3...2
(REPEAT 3 TIMES)

THE chocolate BAR

Ground Them in the Present

DON'T SAY:
DON'T THINK ABOUT IT.

SAY:
LOOK AROUND WITH ME.
5 THINGS YOU SEE.
4 THINGS YOU TOUCH.
3 THINGS YOU HEAR.
2 THINGS YOU SMELL.
1 THING YOU TASTE.
(IT TELLS THE BRAIN: 'I'M HERE
I'M SAFE RIGHT NOW.')

THE chocolate BAR

When they ask,
"Are we safe?"

DON'T SAY:
OF COURSE, %100.

SAY:
RIGHT NOW WE'RE TOGETHER.
WE'RE TAKING SAFETY PRECAUTIONS.
MY JOB IS TO KEEP YOU AS SAFE
AS POSSIBLE.

THE chocolate BAR

When they ask,
"Will it stop?"

DON'T SAY:
YES, SOON (IF YOU DON'T KNOW).

SAY:
I DON'T KNOW EXACTLY WHEN.
BUT WE'LL TAKE IT STEP BY STEP.
LET'S FOCUS ON WHAT
WE CAN DO RIGHT NOW.

THE chocolate BAR

When they ask,
"Why is this happening?"

DON'T SAY:
(DETAILS, SCARY IMAGES,
LONG EXPLANATIONS)

SAY:
SOMETIMES GROWN-UP CONFLICTS
HAPPEN. WHAT MATTERS IS THAT
WE STAY CLOSE, WE LISTEN TO ADULTS,
AND WE KEEP OUR ROUTINE.

THE chocolate BAR

THE 4-LINE SCRIPT TO TELL YOUR KIDS

1. "THAT WAS SCARY. I UNDERSTAND."
2. "YOU'RE NOT ALONE. I'M HERE."
3. "LET'S BREATHE/GROUND TOGETHER."
4. "WE'LL FOLLOW OUR SAFETY PLAN."

BONUS:
KEEP THE NEWS OFF AROUND KIDS, ESPECIALLY BEFORE BED.

THE chocolate BAR