

# How Do I Answer my Young Child's Questions About War?

The current war between Russia and Ukraine has prompted questions and concerns for everyone, including young kids. When children ask about war, try to answer with a question about what they specifically want to know. Or keep your response simple, such as something like: *"Sometimes, whole countries, after much talking, still can't decide how to get along. They have militaries that fight each other. Our military is very strong and works hard to make sure that we are all safe."* For young children in times of unease, the strength of our **calm presence** and **simple reassurances** help to make the world a safe and manageable place. Please explore the following resources to support your child and if you have particular concerns, talk with your Center Director.

- Children's lives are marked by change. But what should you do when that change includes stressful situations, turbulent times, and tragic events? Watch this on-demand webinar to gain strategies to support your family: ["What Happened to My World?" Helping Children Cope](#)
- Learn what you can do to help children feel safe and secure when stress and trauma disrupt your child's life in this podcast episode: [Teach. Play. Love. Episode 36:What Happened to My World?](#)
- Originally created in response to 9/11, and updated in 2020 in response to the pandemic, the ["What Happened to My World?"](#) book helps parents and caregivers understand how children process troubling world events and offers strategies to help children cope. *For a specific section that references war, see pages 44-47.*
- Through play, children work through a variety of issues that they find scary or frightening, such as bad dreams, violence, or current events. Learn more: [Aggressive Play and Weapon Play: What It Means, Why Kids Do It, and How to Manage It](#)
- This article reviews outlines stress busting activities to help your whole family – even your kids – manage the stress and anxiety of daily life: [How to Cope with Stress: Stress Relief Strategies for the Whole Family](#)
- Practicing mindfulness can alleviate that stress. Learn more in this on-demand webinar: [Mindful Kids, Calmer Days](#)

## Additional Resources

- [How to Talk to Children about War: An Age-by-Age Guide](#) is an article outlining how to explain war to children of all ages, including preschool – age 8.
- Common Sense Media covers age-appropriate ways to talk to young kids about difficult topics: [How to Talk to Kids About Violence, Crime, And War](#)
- Harvard Graduate School of Education professors discuss what and how to tell children about war: [What To Tell Children About War](#)