



# San Marcos Youth Baseball

## TIPS ON TALKING TO CHILDREN AFTER A TRAUMATIC EVENT

First and foremost, you know your children and families best, so please do what you think is best for them. These are merely some tips on how to support and talk to children.

### Acknowledge and validate feelings

Children and adults can experience many different emotions surrounding the same event. Make sure your child knows that all feelings are valid.

Some helpful phrases are:

- You may have a lot of feelings right now, and that's ok.
- Do you want to share how you're feeling?
- I hear that you're feeling worried.
- What questions do you have?

### Take care of yourself

Children look to the adults in their lives for a lot, including understanding and dealing with trauma. Please make sure that you are getting the support that you need as well.

### More Resources

[Helping Children Cope After a Traumatic Event](#)  
[San Diego County of Education Mental Health Supports](#)

## LOCAL MENTAL HEALTH SUPPORT

Care Solace is an agency that San Marcos Unified School District has partnered with to assist ALL students and their families with getting connected to mental health providers. Their Care Companions™ will conduct a brief screening to better understand your needs, including specific insurance requests, and then help match you with a provider. They help navigate a connection to resources for you, so you don't have to spend hours searching online, or on hold with different providers. They put in the work, and it's **free** to all students in SMUSD and their families. [Find out more info here](#)

### Share information about what happened

It's always best for children to learn the details of a traumatic event from a safe, trusted adult. Be honest, without oversharing, and allow children to ask questions. Don't presume kids are worrying about the same things as adults. It's okay to answer a question with "I don't know," or "I don't have the answer to that right now."

### Be understanding and listen

Responses to trauma are different at every age, and with every individual. For example, not everyone who is experiencing sadness will cry. Let your children know that you are available at any time to listen to their feelings and concerns.

### Other ways to help your child/family:

- **De-stress as a family.** Check out [Cosmic Kids Yoga on YouTube](#) for some themed family yoga or mindfulness sessions! Watch a movie together. Have a family game night. Do something to feel connected.
- **Minimize media exposure/news.** Watching videos about the event can increase trauma.
- **Encourage children to express their feelings to trusted adults.** Most schools in the area have school counselors on site, or they could talk to a family member or teacher.