



# HOW TO TALK TO KIDS ABOUT ICE

## WHY THESE CONVERSATIONS MATTER

Kids hear things. Without guidance, they feel anxious. Be present and honest.

## WHAT NOT TO SAY

- Don't worry about it. (Feels dismissive)
- That won't happen to us. (Create false security)
- Constant News/Replays (Increases anxiety)

## WHAT TO SAY INSTEAD

Focus on safety and validation.

- You aren't alone. Look for the helpers—I am one of them.
- It's okay to feel scared. Let's talk about it together.

## AGES 3-6

- Focus on comfort
- Stick to routines and offer extra hugs.
- What to say: Some families aren't being treated nicely because of where they were born.
- Reassure them: Remind them they are safe and loved.



## AGES 7 TO 11

- Explain the situation: Some families are being separated because of how they came here. That isn't right.
- Open dialogue: Let them ask questions.
- Safety first: Remind them to only discuss this with trusted adults.

## AGES 12-18

- Be direct: It is unfair that people are treated differently based on where they are from.
- Listen: Encourage them to share their feelings.
- Empower them: Support them if they want to take positive action

SOURCE: CHILDREN'S NETWORK