
Guiding Principles for Parents

- **Listen First:** Let your child share without jumping in to correct, minimize, or offer quick solutions.
- **Normalize Emotions:** Reassure them that sadness, fear, or even numbness are normal human responses to hard things.
- **Model Compassion:** Share your own honest feelings about brokenness in the world and how you bring them to Jesus.
- **Point to Hope:** Remind your child they don't have to carry the weight of the world alone—God is near, and His peace is real.
- **Protect Their Hearts:** Stay aware of what they're exposed to, and step in when boundaries are needed.

Conversation Starters with Your Kids

You can adapt these depending on the age of your child:

- *Have you seen or heard anything online about what happened this week?*
- *What are your friends saying?*
- *Have you seen any videos or reactions that surprised you?*
- *How did it make you feel when you heard or saw that?*
- *Do you ever feel like it's all too much... like you see hard things but don't feel anything anymore?*
- *What do you think God wants us to remember when the world feels scary or broken?*
- *What do you do when something you see online makes you feel sad, angry, or scared?*
- *Where do you go—or what do you do—when you just need to feel safe or peaceful again?*

A Final Word of Encouragement

You don't have to have all the answers. What your child needs most is your presence, your honesty, and your prayers with them. Together, you can help them carry these burdens to Jesus, who tells us, *"Come to me, all you who are weary and burdened, and I will give you rest."*

Family Prayer:

- God, sometimes the world feels really sad and broken. We see people hurting, and it can make our hearts feel heavy or even numb. Thank You for caring about every person and every hurt. Please keep our hearts soft. Help us care when someone is hurting and help us love people the way You do. When things feel dark, remind us that Your light is stronger. Fill our hearts and our home with Your peace. We don't want to carry all the pain alone. So we give it to You. In Jesus' name, Amen.

