

# PROTESTS, RACISM AND OUR CHILDREN: HELPING KIDS COPE

By ADAA Member Michelle Witkin, PhD

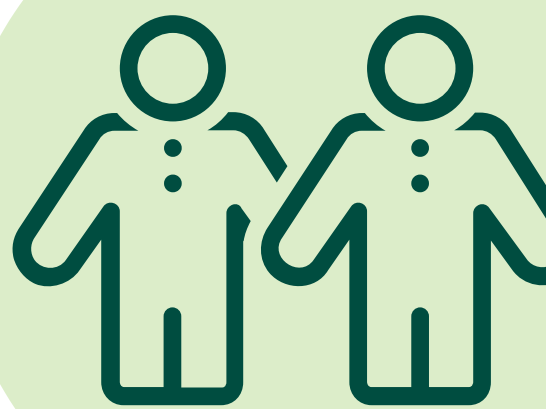


## YOU FIRST

You are a model for your child about how to function at this time. If you are emotional and distracted, your child will notice. It's okay, even critical, to be transparent, but you also don't want your child to worry about you. That may mean taking care of yourself first.

## CHECK IN WITH YOUR CHILD/TEEN

If your child is sharing feelings, encourage that. If not, ask how they are feeling about things they have seen or heard. Resist downplaying their fears. Let them know that ALL feelings are okay. It can be incredibly validating just to have somebody listen.



## ADDRESS RACE AND RACISM

These are topics we need to discuss with our children. Research shows that children as young as 2 notice differences between people and they may even have their first experiences of racism and bias. These conversations are opportunities to help our children recognize and accept differences.



## HELP YOUR CHILD TO FEEL SAFE

Children can become afraid for their own safety when they see and hear about frightening events. We can help by sharing with them what we are doing to keep them safe or what the public is doing.



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