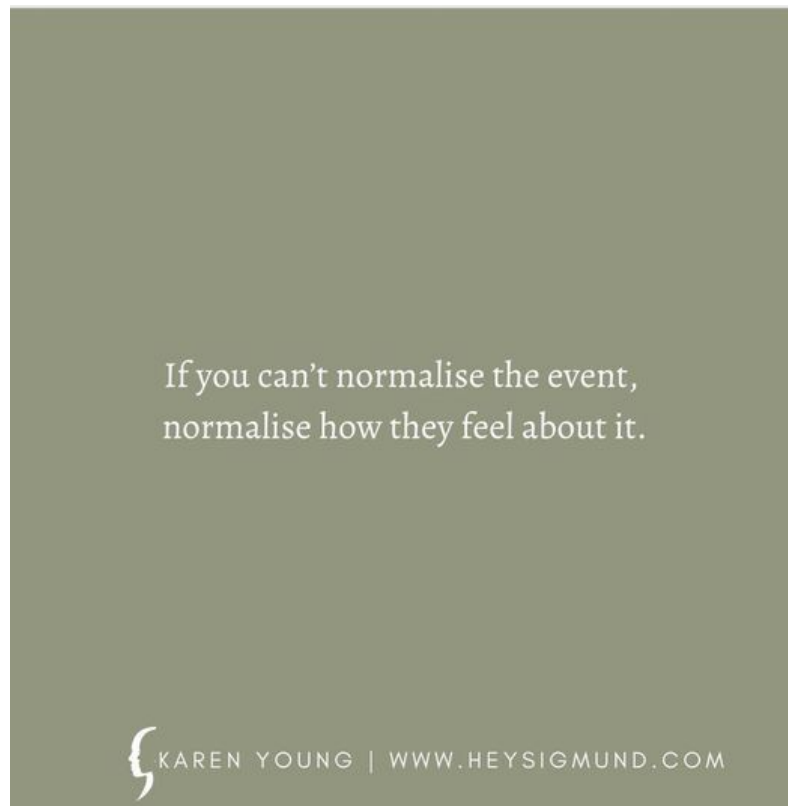


# Normalizing Current Events



So much of what our kids and teens are going through isn't normal - online school, extended separation from their loved people, lockdowns, masks.

Even if what they are going through isn't 'normal', their response will be completely understandable. Not all children will respond the same way of course, but whatever they feel will be understandable, relatable, and 'normal'

Whether they feel anxious, confused, frustrated, angry, or nothing at all, it's important that their response is normalised. Research has found that children are more likely to struggle with traumatic events if they believe their response isn't normal. This is because they tend to be more likely to interpret their response as a sign of breakage.

Try, 'What's happening is scary. There's no 'right' way to feel and different people will feel different things. It's okay to feel whatever you feel.'

Any message you can give them that you can handle all their feelings and all their words will help them feel safer, and their world feel steadier. ❤️

**[Karen Young - Hey Sigmund](#)**