

How can we support children and young people in the UK to cope with the situation in Israel?

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Normal responses to extreme events

We are not in Israel. But we are all connected. We are all affected.

Younger children may:

- Have difficulty sleeping
- Feel sad, scared, angry
- Regress in their behaviours
- Be more clingy
- Act out
- Complain that their tummy or head hurts

Older children and teenagers may:

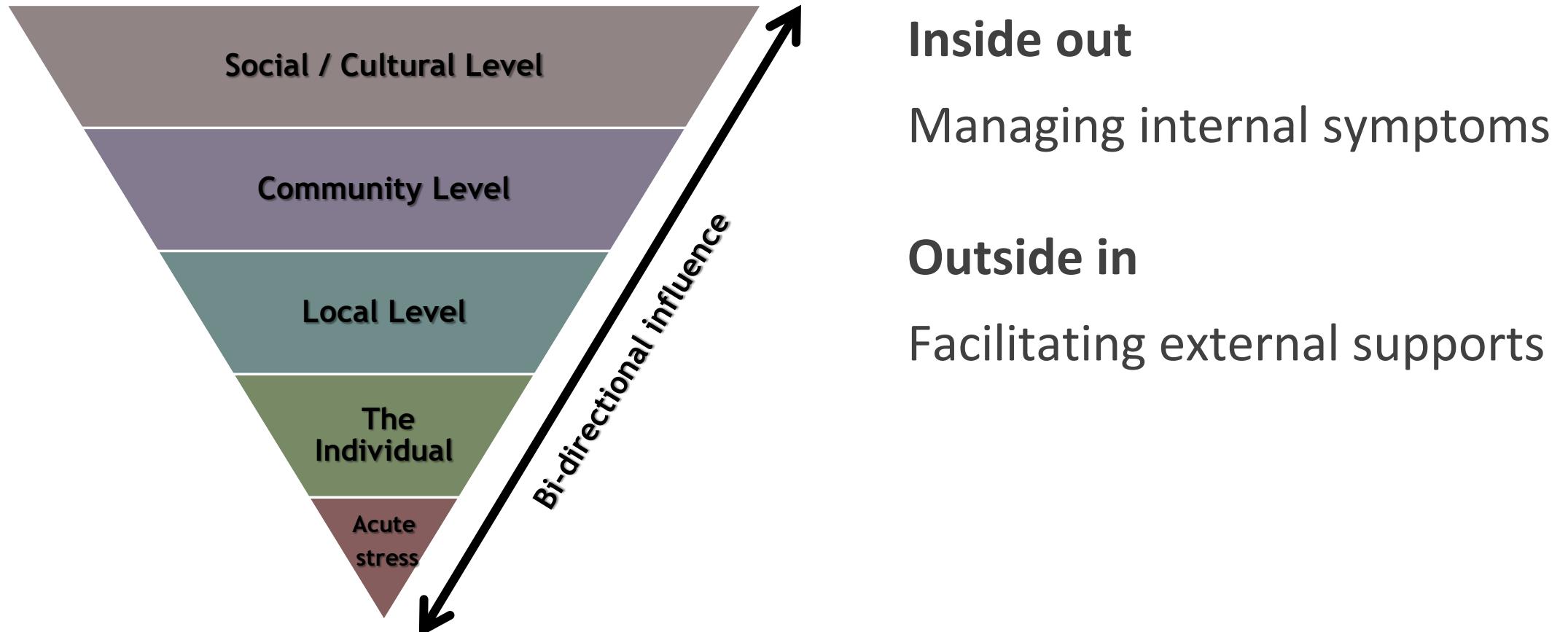
- Have difficulty sleeping
- Feel sad, scared, angry, worried, overwhelmed, guilty
- Feelings of isolation or loneliness ('other people don't understand what I'm going through')
- Have difficulty concentrating, difficulty with schoolwork.
- Avoid social interactions.
- Have headaches, tummy aches, other pains
- Feel tired and unmotivated
- Have changes in appetite
- Find it hard to share their feelings

We may experience these feelings too

- You may feel like sometimes you are coping, and sometimes you are not. Over time you may feel like you are 'running on empty'.

These are extreme and distressing events. It is normal for you and your children to have emotional and physical responses

'Inside Out' and 'Outside In'



Sense of safety

Help children to understand the ways in which these events do and don't impact on them

- Disentangle threats (personal/people they know in Israel/Israel in general, physical vs psychological)
- Remind them that they are here, in the UK, with you.
- Talk about the things that the schools/CST/police are doing (and regularly do) to help us to stay safe
- Acknowledge and validate their worries, anxiety, and sadness about the situation and about people they know

Maintain daily routines. Familiar places and activities help them to feel safe and normal

- Think about things that can help them to feel some sense of control - e.g., plan/cook dinner, choose a game to play.

Physical comfort and reassurance

- Give hugs (younger and older kids). Be physically close.
- Allow children to 'regress'. Be more dependent, get into your beds.

Manage their exposure to the media

- Explain your concerns honestly
- Limit or block social media – especially apps with videos that open automatically. Try and do this collaboratively
- Get them to show you their social media feeds so that you can understand what they are seeing
- Guide older children to reliable sources of news.
- Try and watch with them if you can and follow up to check what they understood and how they are feeling.

Talking about the situation

Give brief, simple, direct and honest information and let their questions lead the way

- Answer the question they actually asked – don’t give unnecessary information they didn’t request
- Avoid euphemistic language.

Different conversations for different ages/stages

- Be aware that older children can access the information independently – you can help them to process their reactions.

Don’t give false reassurance or pretend that this didn’t happen

- We want to ‘protect’ but can end up making them feel less secure or filling in the gaps

Use prompts to encourage communication

- ‘I noticed that you heard us talking about what was happening in Israel. I wanted to know if you had any questions?’
- ‘Even for adults, this kind of situation can also be confusing and scary. Is there anything you want to talk about?’
- ‘Were they talking about the situation in Israel today at school? How are you feeling about what is going on in Israel?’
- ‘Even if you don’t have questions now, I want you to know that you can always ask when you do have questions.’

You don’t need to have all the answers

- It is ok to say that we don’t know what will happen. It is also OK to say that it won’t always be like this.

Talk about the things that people are doing to take help with the situation

- e.g., soldiers are helping to protect people, people are raising money, people are hosting families that have had to leave their homes.
- ‘Even Rishi Sunak spoke in a shul and told everyone he is supporting this fight’.

Be prepared to have multiple conversations – not all the information needs to be shared in one go

Calming and emotional regulation

Your own response will impact your child's response.

- It can be helpful to discuss your own reactions with family or friends before talking it through with children.

Be aware that parenting in these situations can feel uncomfortable and strange

- Younger children might not get it
- Dissonance – manage your own response

Notice, seek and highlight positive moments

- Don't feel guilty about having a nice time with your kids.
- Also reassure them it is ok to have good times and do things they enjoy.
- Finding light in dark moments is important.

Encourage them to spend time with friends

- Reassure them that they won't be the only ones finding this hard.

Model the management of strong and difficult emotions

- This doesn't mean pretending we are ok
- Show them that we manage fear by talking and sharing our feelings with others, and spending time with people that we love.
- 'It helps me when I'm sad to spend time together with you doing nice things'

Help them take breaks/switch off

- Engage them in active tasks, preferably with you or others (e.g., sport, baking, art, puzzles, games, walks)
- Encourage them to do the things that usually make them feel good or less stressed (e.g., clubs, TV, spending time with family, youth movements).

Be kind and compassionate to yourselves and others

Be kind to yourselves

- Manage your self-care.
- Take breaks from the news and social media.
- Do things that make you feel good. Active tasks that can distract you are especially good.
- Spend time with people you love.
- Get some fresh air.
- Engage in physical activities.
- Avoid unhealthy coping strategies (e.g., alcohol, risky behaviours).
- Ask for help if you need it.

Be kind to each other

- Connectedness.
- Check in with friends and family - those that live in Israel and those that don't.
- Most people in our community will have some kind of connection to Israel.
- Some more, some less connected, but everyone affected in some way.
- Encourage compassion

Find ways to help

- Donate money.
- Send letters to people in Israel.
- Support Israelis to who are stranded in the UK
- Find ways to help your children help others.

You aren't alone in this

Remember we have friends, family, and community

Remember we also have support from the people outside of our community

Access other support if needed:

- Your usual lines of support - your school, your shul, your GP
- JTeen – text messaging support for teenagers **07860 058 823**
- Jewish listening line – helpline for adults **0800 652 9249**
- Childline – helpline for children and teenagers **0800 1111**
- PAJES



How can we help our children when they are feeling anxious?

Dr Hannah Abrahams

Educational Psychologist

What can be done to help?

- Notice your needs- Put on your oxygen mask
- Predictability – Maintain a routine and a sense of purpose
- Connectedness and Conversation; Validate Fears and Worries
- Calming and Mindful Enjoyable Activities In Micromoments
- Creative Engagement; What's in yours and your child's toolbox
- Name the helpers and the heroes; they are always there
- Allow your child to see your feelings. Talk and reflect upon them; be mindful of boundaries
- *Name Feelings in order to Tame Them*
- Help to clarify the facts; use appropriate language and visual aids
- Answer questions truthfully if it is too much for you, ask another adult to do so

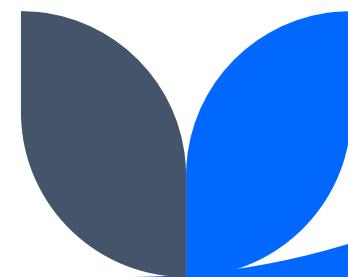


Social Media and News Scrolling for Tweens and Teens

- Looking at the news can provide an illusion of control; if we are “up to date,” we are doing something BUT instead we weaken and tire ourselves out.
- Guilt- a feeling that not connecting will mean we care less. This is untrue. It can often be related to survivors guilt.
- The Need for self-preservation and protection
- Tell the children that the videos and testimonies are bigger and crueler than our souls can contain – junk food for the mind.

Anxiety Reducing Activities

- Visualisations
- Body Scans and Scaling Activities
- Time to Move
- Zones of Regulation
- Allowing time for decompression;
- Social Stories
- Anger is the TIP of the iceberg; be curious with your child
- FACT Glasses



The antidotes to your and your child's anxiety can be;

- Your words
- Your presence
- Your self awareness
- Your reflective nature
- Recognition of Resilience
- Honesty
- Your ability to know when to take a break
- Boundaries and containment
- Your sense of knowing
- You're good enough

