

Eustis School Department

Stratton School

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Dear Parents and Guardians,

As Mainers this is a difficult time. The feeling of worry and loss weigh heavily with all of us. We as a staff would like to provide some resources and reminders of how to discuss tragic events with children.

When we return to school, we will resume our regular routines but we will have supports in place for students who might be experiencing stress or anxiety around this incident. If you are in need of support during this time, please reach out to the school by email.

Important reminders for discussions points with children about this incident come from the National Child Traumatic Stress Network and they include:

Limit media exposure. Limit your child's exposure to media images and sounds of the shooting, and **do not allow your very young children to see or hear any TV/radio shooting-related messages.** Even if they appear to be engrossed in play, children often are aware of what you are watching on TV or listening to on the radio. What may not be upsetting to an adult may be very upsetting or confusing for a child. Limit your own exposure as well. Adults may become more distressed with nonstop exposure to media coverage of this shooting.

Spend time having conversations with your children. Listen to what your child has to say or has heard about the incident. Correct any misconception or misinformation in simple and age-appropriate language. Listen to underlying fears and concerns and reassure your children that you are keeping them safe. Let your children know that they can speak with their trusted adults at school as well if they are feeling worried or concerned.

Please find links below for additional resources about how to talk to children during traumatic events:

- National Child Traumatic Stress Network offers [Talking to Children about the Shooting](https://www.nctsn.org). ([nctsn.org](https://www.nctsn.org))
- [Talking to Children About Violence: Tips For Families and Educators](https://www.nasponline.org) ([nasponline.org](https://www.nasponline.org))
- [Disaster and Trauma Responses of Children](https://www.nasponline.org)

Stay safe and well,

Stratton School Crisis Team



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