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## Fall Newsletter

October 2013



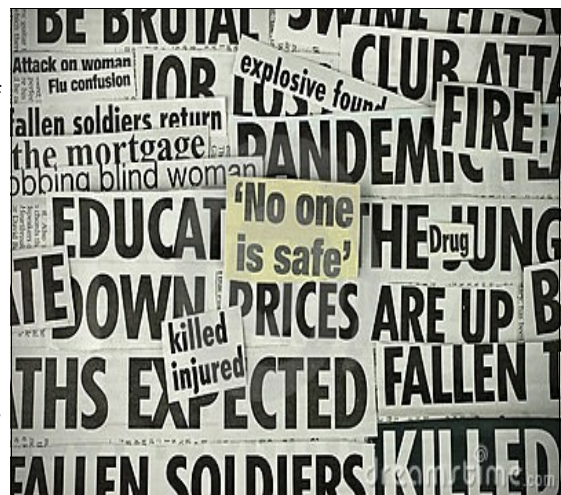
### What Is The Impact of Bad News On Your Kids?

#### Kids Hear Lots of Bad News These Days

This issue of the TKFK newsletter is dedicated to helping parents understand the impact of bad news on their children. Not the kind of bad news as *I'm sorry we ran out of chocolate chip cookies* or *it's raining and the picnic is cancelled*. The bad news in this newsletter is the bigger bad news, that is, the tragic and often violent bad news kids hear about the world ...and there sure has been a lot of that lately. Bombings in Boston and DC, hundreds of children killed by chemical weapons in Syria, Colorado flooding, California forest fires, young women held captive for 10 years, and shootings at malls.

#### Why Bad News is Different Today

There have always been tragedies and there has always been bad news. In the past, children's awareness of tragedies and other bad news was fairly limited. Today, major advances in communication and digital technology allow children and teens to be exposed to this relentless onslaught of bad news on a daily basis. They can easily witness these horrors in vivid detail: dead bodies of children, homes being burned or flooded, or the devastation of bombs AS IF they were actually there themselves. They can easily witness these horrors in vivid detail: dead bodies of children, homes being burned or flooded, or the devastation of bombs AS IF they were actually there themselves. Adults often have strong



reactions to what often seems to be an unending series of terrible news stories. What is the impact of this big, bad news on children?

Did you know that children and teens spend more time in front of electronic screens than any other activity in their lives other than sleeping? Clearly, they are receiving unprecedented exposure to really serious information about their neighborhood, country, as well as the world.

#### How Kids Feel About Bad News

Some children are not affected, but many young people become very worried that the same kind of tragedies could happen to them. Others feel overwhelmed with guilt that their lives and families are safe. Still others react with anger and can act out this anger with bad behavior.

Studies have linked extensive exposure about violence and inappropriate sexual images to an increase in aggression, sexuality and drug and alcohol usage in our teens. Younger children are beginning to think about these issues at earlier and earlier ages. They may not verbalize it or not know how to discuss it.

## **How to Help Children Feel Better**

People are designed to be resilient when they see tragedies, violence, and loss. We may not be designed to absorb the amount of bad news to which we are now routinely exposed. Young people have an even more difficult time. As parents, you can't stop the bad news but you can help your child feel better. It's not necessary to restrict your child from hearing the news, but, if you can, try and limit your child's repeated exposure to tragedy and violence in the news. Read the following articles under our website News page to find out specific strategies you may want to try with your children and teens:

[My Neighbor's House Was Robbed](#)

[A Tree Is Blocking My Driveway and I'm Scared](#)

[Violence in Schools: Helping Kids with Its Emotional Impact](#)

[Searing Images of the Disaster in Japan Scare Children Worldwide](#)

[How to Help Your Child Deal with the Death of Another Child](#)

## **Tool Kits For Kids® News**

Tool Kits for Kids provides emotional first-aid solutions for anxiety, self-esteem, and resilience. We continue to present Tool Kit workshops to both parent and professional groups, with the goal of helping young people acquire critical emotional life skills in an effective, easy and lasting way.

In October, 2013 we will be at the New York State School Psychology Conference. Research is currently being conducted on the efficacy of our **Outsmart Your Worry Tool Kit** in six NY elementary schools. A pilot study has already yielded positive findings. Look for more information about the results in our next Newsletter.

Our **Outsmart Your Worry Tool Kit**, **Charge Up Your Confidence Tool Kit** and **Build Up Your Resilience Tool Kit** are helping children, teens, families and those who work with young people throughout the world. All of our products are available for purchase at [www.toolkitsforkids.com](http://www.toolkitsforkids.com) and at [amazon.com](http://amazon.com).

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