



HOW TO HAVE CHALLENGING, YET IMPORTANT CONVERSATIONS WITH YOUR KEIKI

Lately with the news of hate crimes and violence, these issues can have adverse effects on our children and how they see the world.

The Parent Line

SOME HELPFUL TIPS INCLUDE:

Children learn and thrive from consistency and routines, maintain those as much as possible

Encourage communication, create a safe environment for children to discuss their feelings

Monitor ourselves and our behaviors, children learn from adults and what they observe in their environment

Utilize storytelling, singing songs or doing artwork to bond with your child(ren). Read books about emotions and feelings

Encourage play, allow children to be children and give them age appropriate responsibilities

Observe behaviors that may differ from your child's baseline and ask your child if they are ok, or what's on their minds and allow them to speak about their concerns

Have discussions about supports and identify with them people they can also talk to (teacher, counselor, aunty, tutu, etc.)

Limit children's media exposure to violence, etc.

FOR MORE INFORMATION AND FURTHER SUPPORT WITH TALKING TO YOUR KEIKI, PLEASE CALL THE PARENT LINE AT (808) 526-1222 OR TOLL-FREE 1-800-816-1222 OR GO ON OUR WEBSITE WWW.THEPARENTLINE.ORG.