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Oct 11, 2013



How Do We Talk to Our Kids About Violence?

With tragedies like the [Sandy Hook Elementary School massacre](#), the Boston Marathon bombing and the recent shooting on the Capitol happening all too frequently, we've been wondering just how to broach the subject of violence with our children, or if we should even broach it at all. As parents, we'd like to shield our innocent children from anything that could cause them worry or concern. We reached out to Houston-based psychiatrist [Dr. Daniela White](#) for her suggestions on how to limit our kids' exposure to violence.

Dr. White's immediate response was to [limit their screen time](#). Kids watch an average of four hours of TV a day (a staggering number) and between the violence on the news and in regular programming, there is a danger that children will become numb to violence and think that it's a normal way to solve problems.

Dr. White's also suggested monitoring the amount of time your child watches news programming, especially if there is a breaking news segment and there is live feed of the story. In the event that something slips through the cracks, [turn off the TV](#), sit with your child, allow them to ask questions and express their feelings about what they have seen.

These are times when it's important to keep the dialogue with your children open, without

going into too much detail about current events. In simple words, provide reassurance regarding your child's safety and assure your kids that you are there to keep them safe.

By Christina Anderson

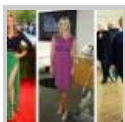
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