

Responding to the war and humanitarian crisis in Ukraine

Watching from afar, many people feel powerless or unsure of how to help or respond. Our children have questions about the war and it can be difficult to know what to say. We've pulled together a few resources we hope might be able to help.

DONATE

A Tennyson Family with relatives in Stropkov, Slovakia are supporting refugees fleeing from the violence in Ukraine. They are helping refugees with housing, food, transportation and other day to day needs.

For more information and to support their work, visit their Go Fund Me page here:

<https://www.gofundme.com/f/help-us-keep-helping-ukrainians-in-slovakia>

TALKING WITH YOUR KIDS

KQED posted an article about talking to children about scary news. The article shares advice from child development experts, and links to other resources:

<https://www.kqed.org/mindshift/59143/war-crisis-tragedy-how-to-talk-with-kids-when-the-news-is-scary>

The Tyee published an article that breaks down why talking to our children about the war in Ukraine is important, and how to tailor those conversations for kids of different ages:

<https://thetyee.ca/Analysis/2022/03/01/Talking-To-Children-War-Ukraine/>

THINGS TO DO

When we feel anxious or powerless it can help to do something. Here's few ideas from the wider community.

- Buy sunflower seeds from West Coast Seeds. Some sunflowers can be grown in containers! In the Month of March, 100% of sunflower seed sales will go to the Canadian Red Cross Ukraine Humanitarian Crisis Appeal:
<https://www.westcoastseeds.com/collections/sunflower-seeds>
- Sharpen your media literacy skills! Media literacy is a set of important skills. Check out these resources for ideas for and your older children.

An article from The Washington Post:

<https://www.washingtonpost.com/education/2022/03/02/ukraine-disinformation-news-literacy-lessons/>

The News Literacy Project has some great resources for developing your media literacy skills: <https://newslit.org/>

WHERE TO FIND HELP

There are many free resources for you and your family if you are feeling overwhelmed. Here are a few:

Canadian Red Cross Blog:

<https://www.redcross.ca/blog/2021/1/11-tips-for-parents-who-are-feeling-overwhelmed>

Kids Help Phone has resources for children and ideas for families:

<https://kidshelpphone.ca/get-info/im-feeling-overwhelmed-what-can-i-do-to-feel-better>

Canadian Mental Health Association:

<https://cmha.bc.ca/documents/wellness-modules/>

Kelty Mental Health Centre:

<https://keltymentalhealth.ca/>