



Parenting Through Worry & Fear

HELPING YOUR CHILD FEEL SAFE AND HOPEFUL

When hard things happen in the world, or even in our personal lives, our kids notice. Even little ones hear things at school, see things on TV, or pick up on our emotions at home. They may not understand all the details, but they can feel the confusion and fear.

Parents, you don't have to have all the answers. What matters most is reminding your child that they are safe, that God loves them, and that Jesus is our peace.

TALK WITH YOUR CHILD

1. Keep it Simple

- "Sometimes sad things happen, but you are safe."
- "God loves us and is always with us."

2. Ask Gentle Questions

- "Did you hear anything today that made you feel sad or worried?"
- "What do you think about that?"
- "Do you have any questions for me?"

3. Listen and Reassure

- "It's okay to feel scared or sad."
- "I understand, and I'm here with you."
- "God is protecting us and we can trust Him."

4. Pray Together

Pray short, simple prayers your child can repeat:
"Jesus, thank You that You are with us. Please help us not to be afraid."

5. Point Them Back to God's Word

Read a short verse together at bedtime or mealtime. Memorize verses and say them out loud.

TRUTH OF GOD'S WORD

**Psalm
56:3**

"When I am afraid, I put my trust in you."

**1 Peter
5:7**

"Give all your worries to Him, because He cares for you."

**Deut.
31:6**

"Do not be afraid...for the Lord your God goes with you."

PARTNERING WITH YOU

Prayer: Our team is here to pray with your family.

KidzRock: Every weekend, kids hear the truth of God's Word in ways they can understand.

Parent Resources: We share monthly resources on our website.

Referrals: If your child needs extra help, we can connect you with Christian counselors.