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## **Eltereschoul Doheem #2**

Dear parents,

This is the second edition of "**Eltereschoul Doheem**".

### **Children ask questions: So what? How to answer them? What to say?**

In these times of confinement, children have and ask even more questions and parents wonder how to react. Here are some thoughts on this subject:

- Listen carefully to the children, if necessary ask them again exactly what their question is. Then formulate the answer according to the "1 question - 1 answer" model to avoid giving them too much information at once.
- It is important to give precise answers to the questions that children ask. If you do not know the right answer, it is essential to seek the explanation, so why not together with the children. That way they really get the answer to the question they are dealing with at a given point in time.
- Always crosscheck whether the children have understood the explanations.
- Give age-appropriate answers and rephrase the answers according to the age of the children or talk separately with each of the brothers and sisters.
- Do not make the pandemic (fears, worries...) a constant topic of discussion at home and do not constantly consult the news on TV, internet...

#### **Two specific situations:**

**The little ones**, the ones who don't talk yet and therefore don't ask questions. They too notice the changes and react in their own way: they cry more, sleep less... In this case, it is important to remain calm, attentive and caring, and to reinforce their sense of security with soothing gestures and words. Important: do not read the news in their presence.

**Adolescents**, too, have questions, but can no longer formulate them as easily as children. In addition, many of them are no longer used to talking about their problems with their parents, but instead turn to their friends. But they have real issues, worry a lot and are no longer satisfied with a simple answer.

#### **The Eltereschoul team**

If you have any further questions, please do not hesitate to contact us by e-mail: [eltereschoul@kannerschlass.lu](mailto:eltereschoul@kannerschlass.lu). Leave your name and phone number and a member of the team will contact you as soon as possible.

