

How to Talk to Your Kids About the



- **There Is NO Age Limit:** Children of any age can be involved in election discussions. Consider their emotional maturity when determining their exposure, and begin by asking what they already know or have heard about the election.
- **Be Aware:** It's important to know what your child is exposed to during the election, as they may encounter disagreements, debates and hostility. If they show signs of stress, limit their exposure and explain why people can get upset during elections.
- **Encourage Them:** Encourage your children to express their feelings, so you can provide support. Teach them how to have respectful and honest dialogues as well.
- **Teach Them:** Teach your kids to form their own opinions by asking open-ended questions like, "What makes you think that?" This approach helps them develop critical thinking skills and allows you to better understand their thoughts and feelings.
- **Lead By Example:** Acknowledge your own anxieties and biases about politics. While it's okay to share your beliefs with your children, focus on modeling self-care, setting boundaries, and practicing healthy communication and listening skills in your discussions.