

News article 3/20/03

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And So We Are At War: Connections With Family and Friends Are Essential

At the onset of war, families must take time this week to connect and communicate with each other. They must take time to show they love and care for each other and be willing to provide a safe haven for venting beliefs and concerns about the decisions that have been made and the military actions that are occurring at this moment.

Be honest in your discussion with children, yet at the same time reassure them they are loved and that you will do whatever you can as their parent or caregiver to keep them safe. Answer questions when you can in an honest, fair, and even-keeled manner, without giving them too much information for their age and developmental level. Children do not need to see constant television coverage of the war, although the realities of war should be discussed. Use your common sense when teaching and working with children.

These are not easy times and the outcomes of 'Operation Iraqi Freedom' are uncertain. Find another supportive adult, a family member, friend, neighbor, or trusted coworker who you can visit with to process through these current affairs. Although help is available from trained counselors and therapists, it is important to recognize that family and friends usually provide the greatest support in times of need. This week take time to reach out to others in your support network and make time to share feelings and listen to each other.