

Abu Dhabi Grammar School (AGS Canada)

Parent Guide: Supporting Children During Times of Conflict

At AGS Canada, student wellbeing is our priority. During times of global conflict, children may feel confused, anxious, or overwhelmed. This guide provides practical strategies to support your child at home, aligned with ADEK wellbeing expectations.

Talking to Your Child

Ask what your child already knows. Provide simple, honest, and age-appropriate explanations. Avoid overwhelming details.

Reassurance

Remind your child that they are safe. Focus on the people who are helping and protecting others.

Limit Media Exposure

Reduce exposure to distressing news and social media. Monitor what your child is watching.

Emotional Support (Zones of Regulation)

Blue Zone: Offer comfort and connection.

Yellow Zone: Use calming strategies like breathing.

Red Zone: Stay calm and provide reassurance and support.

Maintain Routine

Keep regular routines for sleep, meals, and school to provide a sense of stability.

When to Seek Support

If your child shows ongoing anxiety, sleep difficulties, or withdrawal, please contact the school counsellor.

AGS Canada Wellbeing Team | Working in partnership with parents

Age-Appropriate Guidance

K–6 (Concrete & Reassurance-Based)

Focus: Safety, routine, emotional expression

Say

- “You are safe. The adults are here to protect you.”
- “Let’s draw or talk about your feelings.”

Strategies

- Routine charts
- Drawing feelings
- Breathing

Grades 7–9 (Emotional Awareness & Regulation)

Focus: Naming emotions, managing worry

Say

- “It’s normal to feel uncertain.”
- “What’s in your control vs not?”

Strategies

- Worry circles (control vs no control)
- Journaling
- Limiting news exposure

Grades 10–12 (Perspective & Coping Skills)

Focus: Critical thinking, coping, autonomy

Say

- “What information is reliable?”
- “How are you managing stress right now?”

Strategies

- Media literacy (avoid misinformation)
- Structured routines
- Peer support & check-ins (*Resource in Counsellor Corner*)

Parent Resource Toolkit

Self-Regulation (2–5 min)

- Box breathing (4-4-4-4)
- Grounding: “5 things you see, 4 you feel...”

Anxiety Support

- Normalize: “Worry is the brain trying to protect you”
- Reframe: “What is likely vs possible?”

Safety & War Conversations

- Stick to **facts (age-appropriate)**
- Avoid speculation
- Reassure safety:
 - “You are safe here
- Redirect from graphic/media exposure
- Suggest focus on hobbies: music, books, art, etc.

When there are loud noises عندما تكون هناك أصوات عالية



A Calm and Supportive Story
قصة هادئة وداعمة

English | العربية

Sometimes there are loud noises.

أحيانًا توجد أصواتٌ عالية



Loud noises can surprise my body.

الأصواتُ العالِيَةُ قد تُفاجِئُ جسمي



I might feel scared or worried.

قد أشعر بالخوف أو القلق



I am safe with the adults who care for me.

أنا بأمان مع الكبار الذين يهتمون بي



I can take slow breaths.

أستطيع أن آخذ أنفاسًا بطيئة



My body can feel calm again.

يمكن لجسمي أن يشعر بالهدوء مرةً أخرى



For Parents and Caregivers

للوالدين ومقدمي الرعاية

This story supports all children, including those who may be more sensitive to sound or unexpected changes.

تدعم هذه القصة جميع الأطفال، بما في ذلك الأطفال الذين قد يكونون أكثر حساسية للأصوات أو للتغيرات المفاجئة.

Children learn regulation through calm, supportive adults.

يتعلم الأطفال تنظيم مشاعرهم من خلال وجود بالغين هادئين وداعمين.

You may help by:

- Modeling slow breathing
- Offering a calm space
- Using simple, clear words
- Validating feelings (“It sounds loud.”)
- Repeating the story when needed

يمكنكم المساعدة من خلال:

- توضيح كيفية التنفس البطيء
- توفير مكان هادئ
- استخدام كلمات بسيطة وواضحة
- تأكيد المشاعر («الصوت عالٍ»)
- تكرار القصة عند الحاجة

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