

BROADCAST- Talking to kids about the Kansas City parade shooting

ANCHOR LEAD IN: Half of the victims in the Kansas City parade shooting were under the age of 16. An OSF HealthCare Behavioral Health expert has some advice for parents about how to talk to their kids about what happened.

VO or Radio Package :46 SOC

Dr. Kyle Boerke (bur-KEE), director of OSF Outpatient Behavioral Health Services says give children a safe place to talk about their feelings about the shooting and offer age-appropriate but accurate information. Reassure kids they are safe at home and for younger children, explain that mom and dad are safe and there for them.

He also advises modeling an appropriate response, particularly when watching solutions-based media reports about gun violence.

SOT-Dr. Kyle Boerke

We have the ability to model how we agree with or how we disagree with something in an appropriate way, and especially in a time like this when the country is so divided, that is a really important thing for us to model – appropriate ways to disagree or have different opinions from other people.” (:15)

TAG: Dr. Boerke says signs kids are having trouble coping include changes in behavior like nightmares, a child not sleeping, new fears, a lack of concentration or unusual moods. He says if those persist, talk to your child’s pediatrician or primary care provider to get a referral to a behavioral health provider.