Understand that we can't completely shield our children from what happened. What we can do is provide them with information that is developmentally informed.

Children look to the adults in their lives whom they trust for answers; their parents, their grandparents, their teachers, their clergy. We need to do our best to sort out our own thoughts, beliefs and feelings before we speak with our children.

We need to present information to them in a calm way, giving ourselves permission to show our sadness and horror while we also project our capacity to care for our children. They need to see that we care, that we feel terrible about this tragedy, and that we do everything we can to keep them safe. Don’t project your adult fears onto your children. They will take their cues from your behavior.