It can feel almost addictive to need to sit in front of the TV as the drama unfolds over and over. It’s our adult way of trying to sort out what happened. The endless news stories about the ‘real people’ in this tragedy will seduce us to watch, read, reflect and feel in the days and weeks ahead. However, this exposure can overwhelm us and heighten our own sense of vulnerability. **Be prudent and especially avoid exposure to our children.** Young children, in particular, cannot distinguish between real time and what they see on the screen.